Junior Golf League
AT LITTLETON GOLF COURSE

- Fun and competitive tournament atmosphere
- 8 weeks of play with various formats
- Weekly costs includes greens fees, range balls, and lunch.
- Weekly prizes (pro shop credit) and championship trophies

Junior Golf & Tennis Camp

Swing a golf club and a racquet in this exciting Golf and Tennis camp. See page 75 for more info and how to register!
### Summer Concerts at the Lone Tree Grill

Join us every Friday and Sunday for live music on the patio. Series begins Sunday, June 2. 9808 Sunningdale Blvd.

More information online at ssprd.org

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**South Suburban Race Series**

- 38th Annual High Line Canal Run 5K & 10K - May 11
- Pancake Stampede 5K at the Hudson Gardens Event Center - August 11
- Bluffs 8K Trail Run at Bluffs Regional Park - August 25
- Hoofin’ It Through the Hollows 5K - October TBA

For more information visit: ssprd.org/RaceSeries
SSPR breaks ground on regional recreation complex

This spring we’re breaking ground on the 206,000 square-foot facility which will include three sheets of ice; a gymnasium that can be divided into two full-size basketball courts, four volleyball courts or eight Pickleball courts; two indoor synthetic turf fields; a restaurant and bar; figure skating room; dryland training room; skate rental; locker rooms; pro shop and party rooms. Also included will be SSPR administration offices and a board room that will be available for rent. Visit ssprd.org/recreation-complex for updates on the project.

SSPR seeks options in relocating disc golf course at David A. Lorenz Regional Park

The disc golf course and adjacent Remote Control Hobbies’ RC Track at David A. Lorenz Regional Park permanently closed on April 15, as construction of South Suburban’s recreation complex began on the site. The disc golf course was always intended as a temporary use.

South Suburban has been diligently exploring options for a new disc golf course and will continue to work with Highlands Ranch Metro District on a potential partnership to build a new disc golf course at the West Fork Open Space, located on the west side of South Broadway between Plaza Drive and Highlands Ranch Parkway. Pending final approvals, Highlands Ranch Metro District will lead the design and construction of the new course, which will tentatively open in fall 2019.

We’re still hiring!

Still need a job this summer? We’re hiring! Check out positions at careers.ssprd.org.
Aging outdoor pools will be replaced

Harlow, Holly and Franklin outdoor pools are more than 40 years old and will be demolished at the end of the 2019 swimming season. All three pools will be re-built to include similar amenities, and additional improvements will be made to the facilities. SSPR has hired M.W. Golden Constructors as the design build contractor for the project. The goal is to have all three pools open by Memorial Day weekend 2020.

Goodson to get new lobby locker rooms

This summer SSPR will demolish and redesign Goodson Recreation Center’s women’s and men’s lobby locker rooms. Highlights for both locker rooms include individual shower stalls with attached private changing areas and the addition of family restrooms that can be accessed off the main lobby. While the lobby locker rooms are under construction the women's and men's locker rooms and cabanas, located by the indoor pool will be available for patrons.

Annual upgrades and maintenance scheduled for recreation centers

To ensure we are providing users with a high quality experience, annually we temporarily close our recreation centers on a staggered basis to perform major projects, upgrades and major cleaning.

Annual maintenance closure schedule:
- Lone Tree Recreation Center - August 5-9
- Buck Recreation Center - August 19-25
- Goodson Recreation Center - August 26-30

Free Yoga in the Park!

Enjoy this meditative practice in the great outdoors! No yoga experience necessary. Bring a mat or towel. Ages 10 and older are welcome. Just show up!

Join us for one or all outdoor classes:
- May 28 6:30-7:30 p.m. Belvedere Park*
- June 12 6-7 p.m. Sterne Park (South Shelter)
- June 25 6:30-7:30 p.m. Belvedere Park*
- July 30 6:30-7:30 p.m. Belvedere Park*
- Aug 6 5:30-6:30 p.m. deKoevend Park (Shelter C)
- Aug 27 6:30-7:30 p.m. Belvedere Park*

* Sponsored by RidgeGate

Free Theater in the Park

South Suburban's finest youth actors and actresses perform “Rumpelstilzkin” in a variety of SSPR parks. All shows are at 10 a.m., and are intended for children. Bring lawn chairs or a blanket.

June 11, Puma Park
June 12, Sheridan Community Park
June 13, Medema Park
June 14, Sterne Park
SSPR seeks national accreditation update

SSPR is going through the nationally-recognized process of achieving the Commission for Accreditation of Park and Recreation Agencies (CAPRA) accreditation. In February, SSPR’s self-assessment of evidence and compliance standards was approved for an on-site visit by national reviewers. The accreditation team visited in April and thoroughly reviewed all SSPR’s operations and 151 standards. Staff await the accreditation team’s final report; however, remarks from the accreditation team were incredibly positive. In September, at the National Recreation and Park Association annual conference, SSPR staff will go before the CAPRA board to receive the official accreditation decision.

Of the thousands of park and recreation organizations throughout the United States, only 174 are currently accredited through CAPRA’s rigorous standards of excellence. The CAPRA board includes representatives from seven various professional organizations, including the Armed Forces Recreation Network.

Free lunch at Promise Park

South Suburban is partnering with Littleton Public Schools to provide a free lunch to those ages 18 and younger on Fridays at Promise Park in Littleton this summer. The free lunch will be served by LPS’ Nutrition Services department on Fridays, June 3 through July 26 from 11 a.m. – 12:45 p.m. No lunch will be served on July 5, due to July 4th holiday.

Kids Golf for Free!

SSPR wants to introduce kids to a sport they can play throughout their life. For that reason, kids, ages 17 and younger, can golf for free on Saturday and Sunday after 5 p.m. at Family Sports Golf Course, Littleton Golf Course and Lone Tree Golf Course; and after 6 p.m. at South Suburban Golf Course.

Free Nia in the Park

Experience a holistic dance workout that uses a low-impact, bare footed technique with a blend of dance and martial arts. Friday, June 28, 10-11 a.m., Sterne Park (south shelter)

Bowles Grove Park gets new ballfield and fountain

Visitors to Bowles Grove Park, located across from Littleton Golf and Tennis Club, will notice upgrades to the park, pond and ballfield. An aeration system and fountain were installed in the pond to increase oxygen and improve water quality. SSPR’s open space crew restored the pond banks with native seeding to help establish native vegetation.

The existing ballfield was upgraded with a new backstop, covered dugouts, infield mix and warning track, port-o-let enclosure, storage shed, sideline fencing, fresh sod, foul poles and bleachers. The asphalt trail from the parking lot to the ballfield was replaced with a new concrete loop trail around the ballfield. The entire project was funded with a grant from Arapahoe County Open Spaces, and matching funds from the City of Littleton and SSPR.
New amenities at Progress Park this summer

Progress Park visitors will soon experience brand new amenities, including a new restroom, shelter and an improved and expanded playground.

The nature themed playground will have separate play structures for 2-5 year olds and 5-12 year olds, and will include swings, climbing structure, slide and saddle spinners. The playground surface will be a combination of rubber and engineered wood chips. The project was funded by Arapahoe County Open Spaces and the City of Littleton. Progress Park is located just east of Cornerstone Park and south of W. Belleview Avenue, at 5100 South Hickory Street.

Splash Pass is on sale

Enjoy unlimited access to all four outdoor pools with the Splash Pass. The pass is valid at Cook Creek, Franklin, Harlow and Holly.

Purchase May 1-31 and receive 10% off.

Resident Household (two adults and three children under the ages of 17) $250; Nonresident Household $325. Additional individual passes also available.

Outdoor pools open Saturday, May 25!

Cool off at Franklin, Harlow, Holly and Cook Creek pools this summer.

Wristbands required for young swimmers to help improve safety

Facility-provided wristbands are now required for any swimmer ages 5 and younger. This policy and others are in place to ensure improved safety for children visiting our pools.

Ages 5 years and under: Must be accompanied by a guardian (age 16+) in the water in a swimsuit at all times within an arm’s reach. Wristbands will be required to indicate that supervision is required.

Ages 6-9: Recommended to be actively observed by a guardian (age 16+) unless they are a “non-swimmer” in which they need to be accompanied by a guardian in the water at all times.
### RECREATION AND COMMUNITY CENTERS

#### DOUGLAS H. BUCK COMMUNITY RECREATION CENTER (BRC)

- **Address:** 2004 W. Powers Ave., Littleton
- **Location:** 2004 W. Powers Ave., Littleton
- **Hours:**
  - Mon-Fri: 5 am – 10 pm
  - Sat: 6:30 am - 6 pm
  - Sun: 8 am - 6 pm
- **Phone:** 303.797.8787
- **Amenities:**
  - Cardio & strength equipment
  - Multi-purpose gymnasium
  - Drop-in fitness
  - Babysitting services
  - Steamrooms
  - Leisure pool with play features
  - 25-yard lap lane pool (3 lanes)
  - Therapy pool
  - Hot tub
  - Art & dance studios
  - Multi-purpose classrooms
- **Fees:**
  - Daily Youth/Senior: $4.50/$5.75
  - Adult: $5.75/$7.75
  - Household: $15/$20
  - Visit ssprd.org/passes for monthly, annual or punch pass options for more savings.

#### GOODSON RECREATION CENTER (GRC)

- **Address:** 6315 S. University Blvd., Centennial
- **Location:** 6315 S. University Blvd., Centennial
- **Hours:**
  - Mon-Fri: 5 am – 10 pm
  - Sat: 6:30 am - 6 pm
  - Sun: 8 am - 6 pm
- **Phone:** 303.798.2476
- **Amenities:**
  - Cardio & strength equipment
  - Multi-purpose gymnasium
  - Drop-in fitness
  - Babysitting services
  - Steamrooms
  - Kiddie pool
  - 25-meter lane lap pool (6 lanes)
  - Hot tubs
  - Pottery studio
  - Dance studio
  - 8 racquetball courts
  - Gymnastics center
  - Multi-purpose classrooms
- **Fees:**
  - Daily Youth/Senior: $4.50/$5.75
  - Adult: $5.75/$7.75
  - Household: $15/$20
  - Visit ssprd.org/passes for monthly, annual or punch pass options for more savings.

#### LONE TREE RECREATION CENTER (LTRC)

- **Address:** 10249 Ridgegate Cir., Lone Tree
- **Location:** 10249 Ridgegate Cir., Lone Tree
- **Hours:**
  - Mon-Fri: 5 am – 10 pm
  - Sat: 6:30 am - 6 pm
  - Sun: 8 am - 6 pm
- **Phone:** 303.708.3500
- **Amenities:**
  - Cardio & strength equipment
  - Multi-purpose gymnasium
  - Drop-in fitness
  - Babysitting services
  - Leisure pool with play features
  - 25-yard lap lane pool (3 lanes)
  - Therapy pool
  - Hot tub
  - Art & dance studios
  - Multi-purpose classrooms
- **Fees:**
  - Daily Youth/Senior: $4.50/$5.75
  - Adult: $5.75/$7.75
  - Household: $15/$20
  - Visit ssprd.org/passes for monthly, annual or punch pass options for more savings.

#### SHERIDAN RECREATION CENTER (SRC)

- **Address:** 3325 W. Oxford Ave., Sheridan
- **Location:** 3325 W. Oxford Ave., Sheridan
- **Hours:**
  - May-Sep: Mon-Fri: 7 am - 8 pm
  - Oct-Apr: Mon-Fri: 7 am – 9 pm
  - Sat: 9 am - 3 pm
- **Phone:** 303.761.2241
- **Amenities:**
  - Cardio & strength equipment
  - Multi-purpose gymnasium
  - Drop-in fitness
  - Creativity lab
  - Dance studios
  - Racquetball courts
  - Pickleball
  - Multi-purpose classrooms
- **Fees:**
  - Daily Youth: $2.50/$3.25
  - Senior: $2.25/$3.25
  - Adult: $3.50/$4.50
  - Household: $6.25/$8
  - Visit ssprd.org/passes for monthly, annual or punch pass options for more savings.

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For more amenity and admission information and holiday hours, please visit ssprd.org.
LONE TREE HUB (Hub)
- 8827 Lone Tree Parkway, Lone Tree
- Mon - Sat: 10 am - 6 pm
- 720.245.2601
- ssprd.org/The-Lone-Tree-Hub
  Multipurpose rooms • Conference room • Drop-in activities • Outdoor patio • Programs for all ages • Rental space

RESTAURANTS

AVALANCHE GRILL
- Family Sports Center
  6901 S. Peoria St., Centennial
  Daily: 11 am - Midnight
  Happy Hour: Mon - Fri: 4 - 7 pm
  303.754.0544

CENTENNIAL GRILL
- Littleton Golf and Tennis Club
  5800 S. Federal Blvd., Littleton
  Daily: 8 am - 10 pm
  Happy Hour: Mon - Fri 5-9 pm
  303.795.7466

SOUTH SUBURBAN GOLF COURSE BAR AND GRILL
- South Suburban Golf Course
  7900 S. Colorado Blvd., Centennial
  Daily: 7 am - Dusk
  Happy Hour: Mon - Fri: 4 - 7 pm
  303.770.1882

LONE TREE GRILL
- Lone Tree Golf Club & Hotel
  9808 Sunningdale Blvd., Lone Tree
  Daily: 7 am - 7 pm
  303.790.0202

ENTERTAINMENT & SPORT FACILITIES

FAMILY SPORTS CENTER (FSC)
- 6901 S. Peoria St., Centennial
- Sun - Wed: 10 am - 6 pm
  Thu - Sat: 10 am - 8 pm
- 303.708.9500
  Arcade • Laser Tag • Eurobungey • Bumper Cars • Climbing Wall Golf • Mini-Golf • Ice Skating • Adventure Camp
  Avalanche Grill • Concessions

SPORTS DOME (SD)
- 6959 S. Peoria St., Centennial
  Daily Hours Pending Program & Rental Activity
  303.754.0541
  Heated and cooled indoor synthetic turf field
  88x44 yard FIFA approved field • Field rentals • Birthday parties
  Corporate events • Youth and adult lacrosse & flag football leagues
  Full field rates
  Hour: Resident: $190; Nonresident: $210
  1/2 hour: Resident: $100; Nonresident: $110
  Half field rates
  Hour: Resident: $100; Nonresident: $115
  1/2 hour: Resident: $55; Nonresident: $60

SOUTH SUBURBAN ICE ARENA
- 6580 S. Vine St., Centennial
  Hours vary
  303.798.7881
  Info Hotline: 303.794.6522
  Two ice rinks • Hockey and skating programs for youth and adults
  Equipment rental and skate sharpening • Public skate
  Public Skating Session Pricing
  Mon – Thu - Resident $6; Nonresident $8
  Fri - Sun - Resident $6.50; Nonresident $8.50
  Skate Rental - Resident $2.50; Nonresident $3.50
  20 punch card: Resident $88; Nonresident $133
  Family Sk8 Nights - Fridays: 6-7:30 p.m. All ages
COUNTY LINE BMX (BMX)

- David A. Lorenz Regional Park
- 8560 S. Colorado Blvd., Centennial

- Daily: 8 am - sunset, weather permitting
- Rainout Line: 303.219.1150 ext.14
- ssprd.org/county-line-bmx
- instagram.com/CountyLineBMX
- facebook.com/CountyLineBMX

- Sanctioned USA BMX races
- Birthday parties
- Gate practice
- BMX camps/clinics
- Rentals

Race pricing: $10/race, $3/practice
Track rentals: Resident: $40; Nonresident: $50 per hour

CORNERSTONE BATTING CAGES

- 5098 S. Windermere St., Littleton

- May 21-Aug 11 Mon-Fri 11 am-9 pm, Sat-Sun 10 am-9 pm
- Aug 12 - Nov 4, Mon-Fri 4-8 pm, Sat-Sun 12-8 pm

- 303.797.3796
- Facebook.com/cornerstonebattingcages

- 9 pitching machines
- Fast pitch softball-baseball, slow pitch softball cages
- Select-a-pitch speed and height adjustment
- Free helmet and bat rental with paid admission
- Snack stand

16 pitches/token: Resident: $1.75; Nonresident: $2
Visit ssprd.org for additional punch pass options

COLORADO JOURNEY MINI GOLF

- 5150 S. Windermere St., Littleton

- May 5 - May 26 Mon-Thu 12-9 pm, Fri-Sun 10 am-9 pm, May 27 - Aug 11, Mon-Thu 10 am-10 pm, Fri-Sun 10 am-11 pm, Aug 12 - Sep 2, Mon-Sun 10 am-9 pm

- 303.734.1083
- facebook.com/coloradojourney

- Two, 18 hole Colorado themed mini golf courses
- Rental pavilion area
- Birthday parties
- Corporate and group events
- Concessions

18 Holes: Youth Resident: $4.75; Youth Nonresident: $6.25
Adult Resident: $5.50; Adult Nonresident: $7; Senior Resident: $4.75; Senior Nonresident: $6.25
36 Hole, Daily Unlimited, and Group Rates Available

NATURE FACILITIES

THE HUDSON GARDENS & EVENT CENTER

- 6115 S. Santa Fe Dr., Littleton
- April through October: 9 am to 5 pm
- 303.797.8565 / hudsongardens.org

- Public garden and event facility
- Open space and public art
- Recreational, educational, entertainment and social events
- Annual summer concerts
- Adult and family programs

CARSON NATURE CENTER (SPP)

- 3000 W Carson Drive, Littleton
- Tue - Fri: 12 - 4:30 pm
- Sat - Sun: 9:30 am - 4:30 pm
- 303.730.1022
- facebook.com/SouthPlattePark
- www.ssprd.org/nature

- Guided programs
- Interactive nature exhibits
- Year-round activities
- Party & meeting space rentals
- Birthday parties

Carson Nature Center
### OUTDOOR SWIMMING POOLS

#### BEN FRANKLIN POOL (FP)
- **Address**: 1600 E Panama, Centennial
- **5/25-8/11 Regular Hours**: Mon-Fri 12-7 pm, Sat & Sun 12-6 pm
- **8/12-9/2 Weekends Only**: Pool closed for swim meet June 8, June 15 and July 8.
- **Phone**: 303.798.5922
- **Facilities**:
  - L-shaped pool with 25-meter lap lanes (6 lanes)
  - Kiddie pool
  - Sprayground
  - 2 water slides
  - Diving board
  - Concessions
- **Pricing**:
  - Youth/Senior: $3.50/$6, Adult: $4/$7, Household: $12/$23.50

#### COOK CREEK POOL (CCP)
- **Address**: 8711 Lone Tree Pkwy., Lone Tree
- **5/25-8/11 Regular Hours**: Mon-Fri 11 am-7 pm, Sat & Sun 10 am-6 pm
- **8/12-9/2 Weekends Only**: Pool opens at 2 pm on 6/1, 6/15 and 6/29
- **Phone**: 303.790.7665
- **Facilities**:
  - Zero depth leisure pool with playground
  - Lap pool with 25-meter lap lanes (8 lanes)
  - Water slide
  - Diving board
  - Concessions
- **Pricing**:
  - Youth/Senior: $3.50/$6, Adult: $4/$7, Household: $12/$23.50

#### HARLOW POOL (HAP)
- **Address**: 5151 S Lowell Blvd., Littleton
- **5/25-8/11 Regular Hours**: Mon-Sun 12-6 pm, Closed Beginning 8/12
- **Phone**: 303.798.6269
- **Facilities**:
  - L-Shaped Pool with 25-Meter Lap Lanes (6 lanes)
  - Kiddie Pool
  - 2 Water Slides
  - Diving board
- **Pricing**:
  - Youth/Senior: $3.50/$6, Adult: $4/$7, Household: $12/$23.50

### TENNIS

#### LITTLETON TENNIS CENTER
**"THE BUBBLE" (LITT)**
- **Address**: 5800 S Federal Blvd; Littleton
- **Hours**: 7 am-11 pm
- **Phone**: 303.794.5838 / ssprd.org/tennis
- **Facilities**:
  - Six indoor courts
  - Private lessons
  - Youth & adult leagues
  - Classes & tournaments
- **Court Rentals**:
  - Resident: $35; Nonresident: $40 / hour

#### TENNIS CENTER AT LONE TREE GOLF CLUB (LTT)
- **Address**: 9810 Sunningdale Blvd., Lone Tree
- **Hours**: Dawn to dusk, year-round, weather permitting. Lights are available April - October.
- **Phone**: 303.768.8109 / ssprd.org/tennis
- **Facilities**:
  - Six-court tennis complex
  - Private lessons
  - Leagues, classes and tournaments
- **Court Rentals**:
  - Resident: $8; Nonresident: $10 / hour
### Holly Tennis Center (HTC)

- **Location:** 6651 S Krameria Way, Centennial
- **Hours:** Dawn to dusk, year-round, weather permitting. Lights are available April - October.
- **Contact:** 303.771.3654 / ssprd.org/tennis

- **Features:**
  - Six court, lighted tennis complex
  - Private lessons
  - Leagues, classes and tournaments

**Court Rental:**
- Resident: $8; Nonresident: $10 / hour

For a complete listing of tennis courts and for more information, visit ssprd.org/tennis.

### Golf Courses

#### Lone Tree Golf Club & Hotel (LTGC)

- **Location:** 9808 Sunningdale Blvd., Lone Tree
- **Hours:** M: 8 am - Dark; Tue-Sun: 7 am - Dark
- **Contact:** 303.799.9940

- **Features:**
  - 18-hole, Arnold Palmer-designed, par-72 championship course.

**Green Fees (Mon – Thu):**
- 9 Holes: Resident $25; Nonresident $32
- 18 Holes: Resident $49; Nonresident $63

**Green Fees (Fri – Sun):**
- 9 Holes: Resident $28; Nonresident $35
- 18 Holes: Resident $52; Nonresident $68

#### Family Sports Golf (FSCG)

- **Location:** 6901 S Peoria St., Centennial
- **Hours:** 8:30 am - Dark
- **Contact:** 303.649.1115

- **Features:**
  - 9-hole executive course
  - Year-round, two-tiered heated and lighted driving range

**Green Fees (Mon – Thu):**
- 9 Holes: Resident $17; Nonresident $18
- 18 Holes: Resident $28; Nonresident $33

**Green Fees (Fri – Sun):**
- 9 Holes: Resident $19; Nonresident $20
- 18 Holes: Resident $32; Nonresident $37

#### South Suburban Golf Course (SSGC)

- **Location:** 7900 S Colorado Blvd., Centennial
- **Hours:** M 8 am - Dark Tue-Sun 6 am - Dark
- **Contact:** 303.770.5500

- **Features:**
  - Picturesque mountain backdrop at this regional favorite, public golf course.

**Green Fees (Mon – Thu):**
- 9 Holes: Resident $20; Nonresident $24
- 18 Holes: Resident $35; Nonresident $46

**Green Fees (Fri – Sun):**
- 9 Holes: Resident $23; Nonresident $26
- 18 Holes: Resident $39; Nonresident $48

#### Littleton Golf and Tennis Club (LITT)

- **Location:** 5800 S Federal Blvd., Littleton
- **Hours:** 7 am - Dark
- **Contact:** 303.794.5838

- **Features:**
  - Executive 18-hole course

**Green Fees (Mon – Thu):**
- 9 Holes: Resident $17; Nonresident $19
- 18 Holes: Resident $28; Nonresident $33

**Green Fees (Fri – Sun):**
- 9 Holes: Resident $20; Nonresident $22
- 18 Holes: Resident $32; Nonresident $37

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**Golf Cart Pricing**

- 9 Holes $10/rider; 18 Holes $18/rider

For a complete list of pricing, including junior and senior rates, visit ssprd.org.
Registration Offices
Registration office is located in the Goodson Recreation Center, 6315 S. University Blvd., Centennial, CO 80121. 303.347.5999
Hours:  M-Th  7:30 a.m.—7 p.m.
        F  7:30 a.m.—5 p.m.
        Sa  9 a.m.—4 p.m.
Athletics league registration is located in the administration building, 6631 S University Blvd Centennial, CO 80121
        M-F  8 a.m.—5 p.m.
Questions? 303.798.7515

How Do I Get a District Photo ID?
• To receive resident rates, you need a South Suburban photo ID.
• ID cards cost $4 for residents and are valid for two years. Proof of residency is a current photo ID with in-district address printed on the front. If address is not printed on the front, then a second form of proof is required: a bill (Xcel, phone, water, etc.) mailed to the customer; or a lease, rental agreement or property tax statement showing the customer’s in-district address. Bring proof of residency to: Buck, Goodson, Sheridan, Lone Tree recreation centers or Family Sports Center or Littleton and Lone Tree golf courses. Non-district cards are available for $5 but are only needed if you are purchasing punch passes, monthly passes or annual passes.

Refunds/Cancellations
Refunds and transfers must be requested 3 business days prior to scheduled start of activity. There is a $5 service charge per class on requested refunds, or save the service charge by requesting a South Suburban gift card. Certain contractual classes may have additional cancellation charges. If we cancel an activity, no service charge will be assessed and a refund will be issued. Please allow 3 to 4 weeks for processing. Returned checks subject to additional fees. Check receipts for policy exceptions.

Code of Conduct
Appropriate social behavior is requested for all programs and facility use. Individuals are encouraged to act in a way that will not physically, mentally or emotionally hurt another person. A participant may be asked to withdraw from a class or program, or to leave a facility if behavior does not comply with program and/or facility standards.

Nondiscrimination Policy
We prohibit unlawful discrimination against volunteers and program participants on the basis of age 40 and over, race, sex, color, creed, religion, national origin, ancestry, disability, sexual orientation, transgender status, veteran status, genetic information, or any other applicable status protected by state or local law.
Americans with Disabilities Act. If you require special assistance, please call 303.483.7004.

Indemnification and Waiver of Liability
By registering for any program, registrant acknowledges that program activities carry certain risks for participants. Further, by registering, registrant releases and indemnifies the District, its employees, agents, leaders, instructors, contractors or volunteers from and against any and all claims, demands, loss or injury to person or property, caused during participation in the activity. This release and indemnity is intended to be as broad as permitted by law.

Photos, Videos and Email Addresses
We may periodically send you email updates. You can unsubscribe at any time. We do not sell email addresses.
Any photos or videos taken in class or on District-managed property belong to South Suburban and may be used at its discretion.
For the most current activities and information, visit ssprd.org. Prices and dates subject to change.

Household Passes
The fee structure for households is based on the following definition. Two adults and up to three (3) dependent children up to the ages of 17 all residing year round in the same residence. For additional dependent children residing year round in the same household, an additional child fee will be charged. Additional adults living in the household need to create their own account and purchase their own individual admission or pass.
ARTS AND EDUCATION

AARP SMART DRIVER COURSE
A driver improvement course designed for motorists age 50 and older. Fee payable on first day of class. Cash or check payable to AARP. $15 - AARP member; $20 - non-member.

AGES 18+
5/29 W 8 am - 12 pm $15 / $20 LTRC 705075
7/26 F 8:30 am - 12:30 pm $15 / $20 BRC 705087
8/28 W 8 am - 12 pm $15/$20 LTRC 705078

CONTINUING INTERMEDIATE SPANISH
An ongoing class to improve fluency and listening skills. Build vocabulary to maximize communication. Class taught by Ron DeMarco. Optional book, Spanish for Real Life.
Drop-in Fee:Resident: $7; Nonresident: $8.25
Monthly: Resident $28, 65+ $24; Nonresident: $33, 65+ $28
Wednesday, 9-10:30 am Buck Recreation Center

CREATING A FAMILY LEGACY
In this four-week class, participants will create an individualized, written keepsake of special memories (romance, family history, vacation, wedding, graduation, etc.) that will be treasured for generations to come.

AGES 18+
6/6 – 6/25 Th 12 pm $55 / $60 BRC 703966

DECORATIVE CERAMICS
Join us for a relaxing and creative class. Light color, brush strokes and technique instruction in an inviting, social atmosphere. Register by the month or drop in weekly. No wheels or clay building. No class 8/20.

AGES 18+
6/4 – 6/25 Tu 9:30 am – 12 pm $20 / $26 BRC 706076
7/2 – 7/30 Tu 9:30 am – 12 pm $20 / $26 BRC 706077
8/6 – 8/27 Tu 9:30 am – 12 pm $15 / $21 BRC 706078

HAPPY HOOKS AND NEEDLES
Do you crochet or knit? Join this group to meet new people and make worthwhile projects that make a difference (items donated to veterans groups, battered women’s shelters and other community support agencies). Some supplies provided. Tuesdays at 10 am at the Buck Recreation Center.

WATERCOLORS
Join us for a relaxing and creative class. Light color, brush strokes and technique instruction in an inviting, social atmosphere. Register by the month or drop in weekly. No class 8/19 and 8/20.

AGES 18+
6/3 – 6/24 M 12:30 - 2 pm $30 / $36 BRC 706026
6/4 – 6/25 Tu 12:30 - 2 pm $30 / $36 BRC 706016
7/1 – 7/29 M 12:30 - 2 pm $30 / $36 BRC 706027
7/2 – 7/30 Tu 12:30 - 2 pm $30 / $36 BRC 706017
8/5 – 8/26 M 12:30 - 2 pm $23 / $29 BRC 706028
8/6 – 8/27 Tu 12:30 - 2 pm $23 / $29 BRC 706018

WELLNESS WORKSHOPS WITH ESSENTIAL OILS
Each workshop provides education about the essential oils that are best suited for the topic at hand, followed by an opportunity to “make and take” a blend of oils to use at home. May - Healthy Home; June - Summer Solutions; July - Athlete & Pain Support; August - Back to School

AGES 18+
5/27 Sa 10 - 11 am $8 / $10 Hub 703895
6/29 Sa 10 - 11 am $8 / $10 Hub 703896
7/27 Sa 10 - 11 am $8 / $10 Hub 703897
8/31 Sa 10 - 11 am $8 / $10 Hub 703898

LUNCH AND LEARN: DEFYING THE AGE TRAP
A light hearted and impactful presentation by Gina Oldenburg, local inspirational wellness speaker and author, focusing on simple techniques and movements to stay fit and youthful at any age. Take home the ABC’s of a well-lived life. Lunch included.

AGES 18+
6/5 W 12:30 - 1:30 pm $10/$12 GRC 703886

LUNCH AND LEARN: SUMMERTIME IN ART HISTORY
Cynthia Peer, art historian, will highlight four very important and famous artists from the age of Rocco to the age of the impressionist. Featuring artists Antoine Watteau, Fragonard and two women of the impressionist era; Mary Cassatt and Berthe Morisot. Lunch included.

AGES 18+
8/7 W 12:30-1:30 pm $10/$12 GRC 703888

BRIDGE
DUPLICATE BRIDGE; ACBL SANCTIONED PLAY
Earn master points playing in this ACBL sanctioned duplicate bridge game. Reservations required; no drop-ins please.
Contact Sue Bauer at 303-641-3534.
Mon 12:30-3:30 pm
Lone Tree Hub
Resident $1.75; Nonresident $2
DUPLICATE BRIDGE

Need a partner? Call 303-730-4709. Scores are posted at ssprdbridge.com

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Resident</th>
<th>Nonresident</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tu</td>
<td>12:30-3:30 pm</td>
<td>$1.25/$1.50</td>
<td>Hub</td>
</tr>
<tr>
<td>W</td>
<td>12:30-3:30 pm</td>
<td>$1.25/$1.50</td>
<td>Buck</td>
</tr>
<tr>
<td>F</td>
<td>12:30-3:30 pm</td>
<td>$1.25/$1.50</td>
<td>Hub</td>
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DANCE

LINE DANCE

Love to dance but don’t have a partner? Kick up your heels to a variety of music for exercise and friendship. This is a drop-in class. *Close-toed, leather soled shoes strongly recommended. Line dancing is a fun, social exercise - good for mind and body.

Drop-in Resident: $5.50; Nonresident: $6.50
65+ Resident: $4.50; Nonresident: $5.00
10 Punch card pass: Resident: $50; Nonresident: $60
65+ Resident: $40; Nonresident: $50

Ultra Beginner

Mondays 11:30 am - 12:25 pm at the Goodson Recreation Center

Beginner

Wednesdays: 1:30-2:25 pm at the Lone Tree Recreation Center
Thursdays: 1:30-2:25 pm at the Buck Recreation Center

Improver/Intermediate

Thursdays: 2:30-3:25 pm at the Lone Tree Recreation Center
Thursdays: 1:30-2:25 pm at the Goodson Recreation Center

TIP TOP TAPPERS - BEGINNING

Start with the beginner class and move to the next level when you are ready. Learn basic steps and simple routines. No class 8/19.

AGES 18+

<table>
<thead>
<tr>
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<th>Time</th>
<th>Fee Resident</th>
<th>Fee Nonresident</th>
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<td>$16 / $20</td>
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TIP TOP TAPPERS - INTERMEDIATE

If you have the basic tap dance steps down and are ready for more challenging choreography, this class is for you! No class 8/19.

AGES 18+

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<th>Time</th>
<th>Fee Resident</th>
<th>Fee Nonresident</th>
<th>BRC Number</th>
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</thead>
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<td>M 10 - 11 am</td>
<td>$16 / $20</td>
<td>BRC 703658</td>
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TIP TOP TAPPERS - ADVANCED

Refine your tap dance technique and work on more technical choreography. No class 8/19.

AGES 18+

<table>
<thead>
<tr>
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<th>Time</th>
<th>Fee Resident</th>
<th>Fee Nonresident</th>
<th>BRC Number</th>
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<td>$16 / $20</td>
<td>BRC 703608</td>
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EVENTS

SHERIDAN ICE CREAM BINGO EVENT

Sheridan 55+ Community, let's celebrate the summertime with refreshing ice cream and BINGO!
Tuesday, June 11 from 1-3 PM at Northgate Event Center at 3880 South Lowell Blvd. Sheridan

SILVER SNEAKERS AND PERFECT TIME TOURS OPEN HOUSE

Enjoy raffle prizes, discounted tours and travel, bingo and more! Learn about SilverSneakers and Perfect Time Tours upcoming trips and adventures. Get Fit and Plan A Trip!

AGES Adult+

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
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<tbody>
<tr>
<td>6/28</td>
<td>F 11:30 - 1:30 pm</td>
<td>Free</td>
<td>BRC 70212</td>
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THURSDAY LUNCH

Socialize with friends and enjoy a hearty lunch in a relaxed atmosphere. Special dietary requests must be made 48-hours in advance. Call 303.730.4605 to make a reservation.
If you register for lunch, but can't make it, please cancel by Tuesday at 1 pm. Doors open at 11:30 am. Lunch served at 12 pm. Lunch menu available at ssprd.org.

ELECTRIC BIKE FREE DEMO DAY AT GOOD TURN CYCLES

Join us at Good Turn Cycles (301 S Santa Fe Dr Ste 342, Littleton in the Aspen Grove Shopping Center by Starbucks) for a free one-hour ride on the South Platte River Trail, and then enjoy refreshments at the store after the big ride. Call Adam at 303.795.0411 for more information.

AGES 18+

<table>
<thead>
<tr>
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<th>Time</th>
<th>Fee</th>
<th>Location</th>
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<tbody>
<tr>
<td>6/12</td>
<td>W 10 am - 6 pm</td>
<td>Free</td>
<td>Good Turn Cycles</td>
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</table>

FREE PRESENTATIONS

COFFEE AND CHATS

Come hear various speakers and presentations, enjoy light refreshments and socialize with others. Lone Tree Recreation Center on the last Tuesday of each month at 11:30 am. Free.
May 28 - Driving Concerns for Seniors
Jun 25 - How to Transform Your Stress into Health, Happiness and Success
Jul 30 - Summer Pot Luck Party
Aug 27 - Tax Talk

GAMES

<table>
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<th>Activity</th>
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<th>Fee Nonresident</th>
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<tr>
<td>Mah Jongg</td>
<td>Wed</td>
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<td>Free</td>
</tr>
<tr>
<td>Wii Bowling</td>
<td>Fri</td>
<td>10 AM-12 PM</td>
<td>Free</td>
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</tr>
<tr>
<td>Pinochle</td>
<td>Mon</td>
<td>12:30-3 PM</td>
<td>Free</td>
<td>Free</td>
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HEALTH

BLOOD SCREENING
University Hospital professional staff screens cholesterol and over thirty other blood components. Traditional screening is $40, additional tests available for additional costs. All screenings are held from 7-9:30 am.
Goodson Recreation Center July 16
Lone Tree Recreation Center July 17
Buck Recreation Center July 18
Family Sports Center Jul 19
Call 303-730-4610 or email chart@ssprd.org for more information.

DEMENTIA CAREGIVER SUPPORT GROUP
The Alzheimer’s Association support group is for family and friends who have a loved one with Alzheimer’s or another form of dementia at any stage of the disease. The group will provide emotional support, resources, and tips for caring for your loved one. Registration is not required and there is no cost to attend. If you have any questions, call the Alzheimer’s Association helpline at 800.272.3900.
Lone Tree Hub - Second Friday of the month at 10 AM.
Goodson - Third Friday of the month at 1 PM.

HEEL YOUR FEET
For appointments call 303.730.4605. Please indicate which service you prefer. Available at Buck and Goodson.
Resident: $30; Nonresident: $33
Buck - First Thursday of the month at 10 am
Goodson - Second Thursday of the month at 10 am

LOW VISION SUPPORT GROUP
Join A3 Empowering People with Vision Loss for our Point of View Low Vision Support Group. Meet with others experiencing similar vision loss challenges to problem solve, gain support and sollicize. For more information, please call 1.888.775.2221 ext. 3. Free
Goodson - Third Tuesday of the month at 10:30 AM.

OUTDOOR RECREATION

HIKES FOR ACTIVE ADULTS
Enjoy a full day hiking trip while exploring some of Colorado’s most beautiful trails. It’s recommended that participants are in good physical condition and are able to navigate moderate to strenuous elevation change. All hikes range from 4-6 miles. Transportation only, independent participation is required. A complete listing of all hiking dates and pricing is online at www.ssprd.org.
AGES 18+
5/27 M 8 am – 4 pm $22 / $26 707605
6/3 M 8 am – 4 pm $22 / $26 707416
7/15 M 8 am – 4 pm $23 / $28 709667
8/12 M 8 am – 4 pm $22 / $26 707318

ACTIVE ADULT TRIPS AND TOURS
Enjoy a fun outing and we’ll do the driving! Experience live theater, dine, visit an exhibit at a local museum and much more. All trips require independent participation. A complete listing of all trips, dates and pricing in the Trips & Tours brochure available at all South Suburban Recreation Centers and on-line at www.sspr.org or call 303.730.4606.
DIVING

DIVING LESSONS
Dive into diving and learn basic approach, board work and optional dives. Must be able to swim in deep water.

AGES 7-15

<table>
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<td>CCP 269456</td>
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<td>HP 289116</td>
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<td>6/4 - 6/13</td>
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<td>HP 299286</td>
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<tr>
<td>6/18 - 6/27</td>
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<td>CCP 269447</td>
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<td>CCP 269457</td>
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<td>6/18 - 6/27</td>
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<td>$25 / $35</td>
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<td>7/9 - 7/18</td>
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<td>$25 / $35</td>
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SPECIALTY AQUATICS

BABYSITTER TRAINING
Are you interested in becoming a babysitter? The American Red Cross Babysitter’s Training provides individuals, ages 11 - 17, with information and necessary skills to provide safe and responsible care for children in the absence of parents or adult guardians. This training course will help participants develop skills in leadership and professionalism; basic care; safety and safe play; and first aid. This class does not include a certification for CPR.

AGES 11-17

<table>
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<th>Days</th>
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<tr>
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<td>Sa</td>
<td>9 am - 3 pm</td>
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<td>6/2</td>
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<td>$90 / $100</td>
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COMMUNITY FIRST AID, CPR AND AED TRAINING
Do you have the skills to save a life? Learn the techniques used with adults, infants and children and how to respond to injuries and sudden illnesses to help in an emergency situation. Upon completion, receive certification in American Red Cross First Aid and CPR/AED for adults, children and infants. Fee includes book and certification.

AGES 12+

<table>
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<td>$75 / $85</td>
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<td>5/19</td>
<td>Su</td>
<td>9 am - 3 pm</td>
<td>$75 / $85</td>
<td>LTRC 249705</td>
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HARLOW SWIM CLUB
Not quite ready for swim team but want a team-like experience? Here’s an introduction to just that. Focus is on stroke development, endurance and building self confidence in the water. Swimmers will participate in a mock swim meet at the end of the season. For more information call the Aquatic Supervisor at 303.730.5219.

AGES 5-13

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<td>9 - 10 am</td>
<td>$75 / $110</td>
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</table>

MERMAID SCHOOL
Mermaid wannabees will explore fun activities like swimming through hula hoops, fluke splashes, core rolls and synchronized swimming moves. Whether you want to imagine being a mermaid, or just want to experience gliding through the water with a mono-fin, this class is for you. Mono-fins available, or bring your own mermaid tail.

AGES 6-12

<table>
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<td>11 am - 12 pm</td>
<td>$40 / $48</td>
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RED CROSS LIFEGUARD TRAINING
American Red Cross (ARC) Lifeguard Training course teaches candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. Upon successful completion candidate will receive certification in ARC Lifeguard Training, First Aid and CPR/AED for the Professional Rescuer. Learn injury prevention, facility safety, patron surveillance, emergency preparation, equipment based rescues and spinal injury management.

AGES 15+

<table>
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<th>Time</th>
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<td>9 am - 5 pm</td>
<td>$150 / $225</td>
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FRANKLIN FAMILY SWIM NIGHTS
Spend an evening at the pool with your family and friends enjoying a fun-filled time at our themed night swims! What a great way to cool off from a hot summer day! Bring a picnic dinner and enjoy our inflatable toys, volleyball, music, fun-themed activities and snacks.

ALL AGES

<table>
<thead>
<tr>
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<th>Days</th>
<th>Time</th>
<th>Fee</th>
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<td>7/20</td>
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<td>6 - 8 pm</td>
<td>$6 / $10, $4 / $8</td>
<td>FP 279307</td>
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**SUMMER SWIM TEAM CAMP/STROKE CLINIC**

Calling all summer swim team kids! Want to practice your strokes and increase speed? Join in the weekly swim camps. Each week in June we will work on a specific stroke which will include stroke technique, body position, drills, and speed.

**AGES 8-10**

**Freestyle/Back Stroke**

- 6/3-6/6 M/T/TH 11 am-1 pm $60 / $66 BRC 20965
- **Breast Stroke**
  - 6/10-6/13 M/T/TH 11 am-1 pm $60 / $66 BRC 20967
- **Butterfly**
  - 6/17-6/20 M/T/TH 11 am-1 pm $60 / $66 BRC 20968
- **Speed Camp**
  - 6/24-6/27 M/T/TH 11 am-1 pm $60 / $66 BRC 20969

**AGES 11-18**

**Freestyle/Back Stroke**

- 6/3-6/7 M/W/F 2:30-4:30 pm $60 / $66 BRC 20966
- **Breast Stroke**
  - 6/10-6/14 M/W/F 2:30-4:30 pm $60 / $66 BRC 20961
- **Butterfly**
  - 6/17-6/21 M/W/F 2:30-4:30 pm $60 / $66 BRC 20962
- **Speed Camp**
  - 6/24-6/28 M/W/F 2:30-4:30 pm $60 / $66 BRC 20963

**STARTS AND TURNS CLASS**

If your child is a swim team member and wants to become more efficient and faster at their competitive starts and turns, this class is for them. South Suburban swim team coaches will teach the two-hour class.

**AGES 8-18**

- 6/7 F 10 am-12 pm $30 / $33 FP 279156
- 6/1 F 10 am-12 pm $30 / $33 FP 279166
- 6/21 F 10 am-12 pm $30 / $33 FP 279176
- 6/28 F 10 am-12 pm $30 / $33 FP 279186

**SOUTH SUBURBAN MASTER FINNADICTS**

Practice for competitive swimmers, tri-athletes, and fitness swimmers, ages 19 and older. Drop-in, monthly, or buy a 20 punch card.

**Holly Pool**

- May 14-August 8
- Tues/Thurs 6:30-8pm
- No Practice 7/4

**Cook Creek**

- May 21-August 8
- Tues/Thurs 5:15am-6:45am
- No Practice 7/4

**Cook Creek**

- June 2-August 31
- Saturdays: 7am-8:30am
- No Practice 6/1, 6/15, 6/29
- Sundays: Only practice days on 6/2, 6/16, 6/30
  - 7am-8:30am

- Monthly: $55 ($40 Resident Rate)
- Drop-in: $8 ($5.50 Resident Rate)
- 20 Punch: $140 ($100 Resident Rate)
SWIMMING FOR AGES 6 MOS–3

PARENT-TOT SWIMMING
Teach yourself and your child how to be safe in the water. Each child must be accompanied by a parent or guardian. Swim diapers are required under bathing suit.

SWIMMING FOR AGES 3–5

PRESCHOOL LEVEL 1 SWIMMING LESSONS
Independent swimmers will go underwater, blow bubbles, front and back glide and learn appropriate arm actions and kicking. All skills are demonstrated with support.

PRESCHOOL LEVEL 2 SWIMMING LESSONS
Swimmers comfortable in the water on their front and back who float and can go under water are ready for more. Improve front and back glides, combine arm and leg actions, floats unassisted and starts to become comfortable in deeper water.

PRESCHOOL LEVEL 3 SWIMMING LESSONS
Swimmers will continue improvement on front and back glide, coordination of arm and legs on both the front and back and float unassisted for 15 seconds. Swimmers will also start to learn the elementary backstroke.

SWIMMING FOR AGES 6–12

LEVEL 1 SWIMMING LESSONS
First timers and timid swimmers become independent going underwater, blowing bubbles, gliding front and back. Learn appropriate arm action and kicking for both the front and back crawl.

LEVEL 2 SWIMMING LESSONS
Continuing to improve front and back glides, float unassisted for 15 seconds, coordinate arm and legs on both the front and back. Swimmers will also start to learn the elementary backstroke and scissors kick.

LEVEL 3 SWIMMING LESSONS
We are really swimming now! Swimmers front glide, swim front crawl with rotary breathing and elementary backstroke. Swimmers will also work on the dolphin and scissor kicks.

LEVEL 4 SWIMMING LESSONS
Refine skills and increase endurance by swimming familiar strokes. The basics of turning at a wall are introduced in this level.

LEVEL 5 SWIMMING LESSONS
Swimmers will polish all the strokes and increase distances. Flip turns on the front and back are also introduced. Swimmers who successfully complete this level are highly encouraged to participate in our Pre-Competitive and Summer Swim Team programs.

SWIMMING FOR AGES 5–18

SUMMER SWIM TEAMS
SSPRD offers summer swim team opportunities at Franklin, Holly, and Cook Creek. Go to ssprd.org for more information

- Preschool/Parent-Tot
  - M-TH 2 Week Classes
  - M/W, T/TR Classes
  - 4 Week Classes
  - Resident: $54
  - Nonresident: $72

- Saturdays
  - 4 Week Classes
  - $27/$36

- School Age Classes
  - M/W, T/TR Classes
  - 4 Week Classes
  - Resident: $52
  - Nonresident: $70

- Saturdays
  - 4 Week Classes
  - $26/$35
### Swimming

#### Buck

**Ages 6 mos-3**

**Parent-Tot Swimming**

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**Ages 3-5**

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**Cook Creek**

**Ages 3-5**

**Preschool Level 1**

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- 6/3 MW 4 wk 4:35–5:05 pm 221256
- 6/3 MW 4 wk 5:45–6:15 pm 221266
- 6/8 Sa 4 wk 9:35–10:05 am 221806
- 6/8 Sa 4 wk 10:45–11:15 am 221846
- 6/8 Sa 4 wk 11:20–11:50 am 221866
- 7/6 Sa 4 wk 10:45–11:15 am 221847
- 7/6 Sa 4 wk 11:20–11:50 am 221867
- 7/8 MW 4 wk 4–4:30 pm 221247
- 7/8 MW 4 wk 4:35–5:05 pm 221257
- 7/8 MW 4 wk 5:45–6:15 pm 221267
- 7/13 Sa 4 wk 9:35–10:05 am 221807

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- 6/3 MW 4 wk 4–4:30 pm 222246
- 6/3 MW 4 wk 4:35–5:05 pm 222266
- 6/8 Sa 4 wk 10:10–10:40 am 222826
- 6/8 Sa 4 wk 10:45–11:15 am 222846
- 7/6 Sa 4 wk 10:10–10:40 am 222827
- 7/6 Sa 4 wk 10:45–11:15 am 222847
- 7/8 MW 4 wk 4–4:30 pm 222247
- 7/8 MW 4 wk 4:35–5:05 pm 222267
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### AGES 6–12

#### LEVEL 1
- 6/3 MW 4 wk 4–4:30 pm 225216
- 6/3 MW 4 wk 5:45–6:15 pm 225266
- 6/8 Sa 4 wk 11:20–11:50 am 225826
- 6/9 Sa 3 wk 10:10–10:40 am 225816
- 7/6 Sa 4 wk 10:10–10:40 am 225817
- 7/6 Sa 4 wk 11:20–11:50 am 225827
- 7/8 MW 4 wk 4–4:30 pm 225217
- 7/8 MW 4 wk 5:45–6:15 pm 225267

#### LEVEL 2
- 6/3 MW 4 wk 4–4:30 pm 226206
- 6/3 MW 4 wk 5:10–5:40 pm 226246
- 6/8 M–Th 3 wk 11:20–11:50 am 226826
- 6/8 Sa 4 wk 9:35–10:05 am 226846
- 7/6 Sa 4 wk 9:35–10:05 am 226827
- 7/6 Sa 4 wk 11:20–11:50 am 226847
- 7/8 MW 4 wk 4–4:30 pm 226207

#### LEVEL 3
- 6/3 MW 4 wk 4:35–5:05 pm 227226
- 6/3 MW 4 wk 5:45–6:15 pm 227276
- 6/8 Sa 4 wk 9:35–10:05 am 227826
- 6/8 Sa 4 wk 10:10–10:40 am 227846
- 7/6 Sa 4 wk 9:35–10:05 am 227827
- 7/6 Sa 4 wk 10:10–10:40 am 227847
- 7/8 MW 4 wk 4:35–5:05 pm 227227
- 7/9 MW 4 wk 5:45–6:15 pm 227277

#### LEVEL 4
- 6/3 MW 2 wk 5:10–5:40 pm 228246
- 6/8 Sa 4 wk 10:45–11:15 am 228326
- 7/13 Sa 4 wk 10:45–11:15 am 228327
- 7/22 MW 2 wk 5:10–5:40 pm 228247

#### LEVEL 5
- 6/3 MW 4 wk 5:45–6:15 pm 2285676
- 7/13 Sa 4 wk 9:35–10:05 am 228867
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### Level 1

#### Ages 6-12

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**LONE TREE**

### Ages 6 months-3

#### Parent-Tot Swimming

- 6/8 Sa 4 wk 9:35 - 10:05 am 240416
- 7/13 Sa 4 wk 9:35 - 10:05 am 240417

### Ages 3-5

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CAMPS

DINOSAURS AND MONSTERS ART CAMP
Make art based on dinosaurs and other monsters. If you love T. Rex, Triceratops and Velociraptors, this camp is for you! If you love dragons and Godzilla, this camp is also for you.
AGES 5–12
7/26 F 9 am – 12 pm $45 / $50 BRC 381427

FORTNITE FUN & DIGITAL CHARACTERS CAMP
Come save the world and experience an art Battle Royale. Come make sculptures, paintings and crafts based on Fortnite, your favorite video games and digital characters. Sculpt Sonic, paint a 1st person artist on canvas, paper mache a mind craft character or emoticon! This camp will be as legendary as Zelda!
AGES 6–11
7/8 – 7/12 M–F 9 am – 12 pm $199 / $205 Hub 448777

JEWELRY MAKING CAMP
Get ready for people to ask you “Where’d you get that bracelet?” Create beautiful bead and jazzy jewelry projects in this class. Make beads from recycled materials, learn a variety of weaving patterns and create unique jewelry to wear yourself or give as gifts! This class isn’t just for girls, boys will make necklaces and bracelets in their favorite style.
AGES 6–11
6/13 – 6/14 Th F 1 – 4 pm $90 / $95 BRC 381686
6/17 – 6/21 M–F 9 am – 12 pm $199 / $205 Hub 448868

PHOTOGRAPHY AND PAINTING CAMP
Learn the secrets to creating beautiful art through photography and painting. Bring a camera ready to use with memory card and charged batteries. Students will learn about composition, lighting techniques and elements of art including color theory and more. All supplies included.
AGES 8–14
7/1 – 7/2 M Tu 1:30 – 4 pm $30 / $32 BRC 395437
7/1 – 7/2 M Tu 9 – 11:30 am $30 / $32 SRC 438347

PHOTOGRAPHY CAMP
Get creative with your camera and learn about lighting, composition and other photography elements. Bring a digital camera that is familiar to you, charged batteries and a memory card. (You may bring a phone camera but we cannot print without a memory card. Picture frames can still be created but the photos would need to be printed and mounted at home.)
AGES 9–14
6/4 – 6/6 Tu W Th 10 am – 12 pm $50 / $54 BRC 395326
6/4 – 6/6 Tu W Th 1:30 – 3:30 pm $50 / $54 LTRC 455786
6/25 – 6/27 Tu W Th 1:30 – 3:30 pm $50 / $54 GRC 424666
7/30 – 8/1 Tu W Th 1:30 – 3:30 pm $50 / $54 GRC 424668

PHOTOGRAPHY FUN TECHNIQUES-NATURE AND LANDSCAPE
Come with cameras and charged batteries. We will photograph outside Buck Recreation Center, including the train depot and museum, for some hands on experience under the guidance of a professional photographer. We will learn about composition, lighting, shutter speed, aperture, and more.
AGES 8–14
6/26 W 9 – 11 am $20 / $23 BRC 390236

PHOTOGRAPHY FUN TECHNIQUES-URBAN LANDSCAPES
Bring your camera with charged batteries. We will explore downtown Littleton for some creative photography of the beautiful urban surroundings. We will learn about composition, lighting, and how to incorporate artistic elements. Students will experience hands-on learning under the guidance of a professional photographer. Photos may be printed at home after class.
AGES 8–14
6/25 Tu 9 – 11 am $20 / $23 BRC 395416

SCULPTURE ONLY CAMP
In this camp, we sculpt all of our art. We will use polymer clay, air dry clay, paper mache, recycled materials and more. We make make traditional sculptures, wall sculptures, sculptures that hang from the ceiling! Learn about armatures, model forming and texturing. Sculpt animals, dragons, and even a sculpture around a mirror!
AGES 6–11
7/15 – 7/16 M Tu 1 – 4 pm $90 / $95 BRC 381367
7/15 – 7/19 M–F 1 – 4 pm $199 / $205 Hub 448767

SPACE ART CAMP
Come explore outer space with us! We will be exploring art based on planets, moons, stars and suns. In this camp, we can draw, paint and sculpt to the farthest reaches of the galaxy. Design a poster of our solar system, sculpt 3D planets, and design rockets.
AGES 5–12
6/27 – 6/28 Th F 9 am – 12 pm $90 / $95 BRC 381416

THE CREATIVITY LAB
This is a great place to make all types of art using found objects and a wide variety of art supplies. Check online for additional hours. Free with recreation center admission.
AGES 3 mos+
5/30-8/30 M–Th 3 – 6 pm $2.50 / $3.25 SRC 155003
**ARTS**

**STAR WARS ART CAMP**
May the art be with you in this fun camp where we will do Star Wars art all the time! Come paint, draw, sculpt, and do crafts based on your favorite Star Wars characters!

**AGES 5-12**
6/27 - 6/28 Th F 1 – 4 pm $90 / $95 BRC 381696

**AGES 6-11**
6/3 - 6/7 M - F 9 am – 12 pm $199 / $205 Hub 448716

**SUMMER ART CAMPS**
Learn about a variety of art and make crazy fun art works using various materials. Create fun and unique pieces of art to take home.

**AGES 5-8**
7/19 F 9 am – 12 pm $26 / $29 GRC 415017

**AGES 6-10**
6/10 - 6/14 M - F 9 am – 12 pm $93 / $99 GRC 420976
6/17 - 6/21 M - F 9 am – 12 pm $93 / $99 GRC 420966
5/30 - 5/31 Th F 9 am – 12 pm $38 / $44 GRC 426055
6/3 - 6/4 M Tu 1 – 4 pm $38 / $44 GRC 426056
6/12 W 9 am – 12 pm $26 / $29 GRC 420936
6/26 W 9 am – 12 pm $26 / $29 GRC 420926
7/3 W 9 am – 12 pm $26 / $29 GRC 420937
7/17 W 9 am – 12 pm $26 / $29 GRC 420927
7/22 - 7/23 M Tu 1 – 4 pm $38 / $44 GRC 426057
7/31 W 9 am – 12 pm $26 / $29 GRC 420938
8/7 W 9 am – 12 pm $26 / $29 GRC 420928

**AGES 8-12**
5/28 - 5/31 Tu W Th F 9 am – 12 pm $74 / $79 LTRC 455905
7/1 M 9 am – 12 pm $26 / $29 LTRC 456097
7/8 - 7/12 M - F 1 – 4 pm $93 / $99 LTRC 455907
7/22 - 7/26 M - F 9 am – 12 pm $93 / $99 LTRC 450897

**AGES 10-14**
6/10 - 6/14 M - F 1 – 4 pm $93 / $99 GRC 426026
7/22 - 7/26 M - F 9 am – 12 pm $93 / $99 GRC 420967

**SUMMER JEWELRY CAMP**
Experience fundamental jewelry making, minus the torch. Get acquainted with simple pliers and hand tools and experiment with a variety of techniques including’assembly, wire shaping, wrapping and hammering.

**AGES 8-12**
7/1 M 1 – 4 pm $26 / $29 LTRC 456087
6/5 - 6/7 W Th F 1 – 3 pm $55 / $60 GRC 424746
6/10 - 6/14 M - F 10 am – 12 pm $93 / $99 LTRC 455806
7/8 - 7/12 M - F 10 am – 12 pm $93 / $99 LTRC 455807
7/24 - 7/26 W Th F 1 – 3 pm $55 / $60 GRC 424747
8/7 - 8/9 W Th F 1 – 3 pm $55 / $60 GRC 424748

**SUPER HEROES ART CAMP**
Come jump over tall buildings and make art based on your favorite Super Heroes! Become your favorite super hero through paintings, sculptures, and wearable art! This camp is going to be Epic!

**AGES 5-12**
7/26 F 1 – 4 pm $45 / $47 BRC 381397

**THE MOST COLORFUL CAMP EVER**
Come use color like you never have before. Explore fluid acrylics and colored inks! We will be making black light fluorescent paintings, mixed media, and switch plates of amazing Technicolor! Your child will have fun creating art, while learning problem-solving and critical-thinking skills.

**AGES 6-11**
6/17 - 6/21 M - F 1 – 4 pm $199 / $205 Hub 448726
7/11 - 7/12 Th F 1 – 4 pm $90 / $95 BRC 381027

**YOUNG ARTISTS MINI ART CAMP**
Create multimedia art projects related to favorite children’s book themes and characters.

**AGES 3-6**
6/5 W 10 – 11:30 am $19 / $21 GRC 426036
6/19 W 10 – 11:30 am $19 / $21 GRC 426066
7/2 – 7/3 Tu W 10:30 – 12 am $39 / $41 LTRC 456227
7/10 W 10 – 11:30 am $19 / $21 GRC 426037
7/24 W 10 – 11:30 am $19 / $21 GRC 426067

**CRAFTS**

**ART CLUB**
Explore art with a variety of media including pastels, paints, glue and more! Make beautiful works of art for home. All materials provided.

**AGES 5-8**
5/30 - 6/20 Th 4:30 – 5:15 pm $38 / $44 GRC 424146
6/27 - 7/25 Th 4:30 – 5:15 pm $38 / $44 GRC 424147
8/1 - 8/22 Th 4:30 – 5:15 pm $38 / $44 GRC 424148

**CRITTER CRAFTS**
Discover fun facts and explore the wonders of a new critter each week or session while making art inspired by their unique characteristics. All materials provided.

**AGES 3-6**
6/6 - 6/27 Th 10:30 – 11:30 am $40 / $44 GRC 428036
7/11 – 7/25 Th 10:30 – 11:30 am $30 / $34 GRC 428037
8/1 - 8/22 Th 10:30 – 11:30 am $40 / $44 GRC 428038

**PARENT-TOT ART**
Create unique treasures while learning beginning art skills with a parent/grandparent. Class price is per child; no charge for adults. All materials provided.

**AGES 18 mos-3**
6/6 - 6/27 Th 11:30 am – 12:30 pm $27 / $29 GRC 421956
7/11 – 7/25 Th 11:30 am – 12:30 pm $20 / $22 GRC 421957
8/1 - 8/22 Th 11:30 am – 12:30 pm $27 / $29 GRC 421958

**PARENT-TOT SENSORY ART**
Come paint with fingers, sticks and brushes! Explore slime, color mixing, glue, clay, scissors and more! Each week there is a varied selection of sensory-rich, art themed projects.

**AGES 18 mos-3**
6/5 - 6/26 W 1:45 – 2:30 pm $27 / $29 GRC 424936
7/3 - 7/24 W 1:45 – 2:30 pm $27 / $29 GRC 424937
7/31 - 8/21 W 1:45 – 2:30 pm $27 / $29 GRC 424938
**SENSORY ART**

Come paint with fingers, sticks and brushes! Explore slime, color mixing, glue, clay, scissors and more! Each week there is a varied selection of sensory-rich, art themed projects.

**AGES 3-5**

- 6/5 – 6/26 W 12:30 - 1:30 pm $40 / $44 GRC 424926
- 7/3 – 7/24 W 12:30 - 1:30 pm $40 / $44 GRC 424927
- 7/31 – 8/21 W 12:30 - 1:30 pm $40 / $44 GRC 424928

**STAINED GLASS**

Learn basic stained glass methods and skills to make your own original stained glass projects! Tools are provided, plus materials for first project.

**AGES 16+**

- 6/3 – 7/8 M 6 – 8 pm $59 / $69 SRC 439276
- 6/6 – 7/18 Th 1:15 – 3:15 pm $59 / $69 SRC 439616
- 7/15 – 8/26 M 6 – 8 pm $59 / $69 SRC 439277
- 7/25 – 9/1 Th 1:15 – 3:15 pm $59 / $69 SRC 439617

**YOUTH MIXED MEDIA**

Let your creativity soar as you experiment with multiple media such as paint, fabric, clay, canvas, paper, glue and more. Take home your creations. All materials provided.

**AGES 8-12**

- 5/30 – 6/20 Th 5:15 – 6:15 pm $41 / $48 GRC 421786
- 6/27 – 7/25 Th 5:15 – 6:15 pm $41 / $48 GRC 421787
- 8/1 – 8/22 Th 5:15 – 6:15 pm $41 / $48 GRC 421788

**DRAWING**

**CARTOONING AND DRAWING**

Design your very own character as you learn how to convey shape and color, action and style. Create a storyboard to take home at the end of the session.

**AGES 9-16**

- 6/25 – 7/30 Tu 5:30 – 7:30 pm $50 / $56 GRC 420556
- 8/6 – 9/17 Tu 6:15 – 7:45 pm $50 / $56 GRC 420558

**COMIC BOOK CREATION**

Comics are one of the most popular and interesting ways to tell a story. Students will explore fundamental building blocks of the comic book medium, including panel to panel transitions, text to image relationships and the intricacies of page layouts.

**AGES 10-16**

- 6/20 – 8/1 Th 3 – 5 pm $50 / $56 GRC 420576

**DRAW & PAINT**

Young artists will explore different mediums including graphite, colored pencils, watercolor and more in this monthly class. All materials provided.

**AGES 6-10**

- 6/3 – 6/24 M 5:30 – 6:30 pm $40 / $44 GRC 420156
- 7/1 – 7/22 M 5:30 – 6:30 pm $40 / $44 GRC 420157
- 7/29 – 8/19 M 5:30 – 6:30 pm $40 / $44 GRC 420158

**DRAWING FOR TEENS**

Learn how to draw people, animals and landscapes with pencil. Please bring a 2B or soft lead pencil, an eraser and a 9”x12” or larger sketch book to class. The remainder of the supply list will be provided at the first class. All skill levels welcome!

**AGES 12-18**

- 5/30 – 6/20 Th 5:30 – 7:30 pm $50 / $56 GRC 421746
- 6/3 – 6/24 M 9 – 11 am $50 / $56 GRC 421766
- 6/4 – 6/29 Tu 5:30 – 7:30 pm $50 / $56 LTRC 454806
- 6/5 – 6/26 W 4:30 – 6:30 pm $50 / $56 GRC 421826
- 6/27 – 7/25 Th 5:30 – 7:30 pm $50 / $56 GRC 421747
- 7/2 – 7/13 Tu 5:30 – 7 pm $50 / $56 LTRC 454807
- 7/3 – 7/24 W 4:30 – 6:30 pm $50 / $56 GRC 421827
- 7/8 – 7/29 M 9 – 11 am $50 / $56 GRC 421767
- 7/30 – 8/17 Th 5:30 – 7 pm $50 / $56 LTRC 454808
- 7/31 – 8/21 W 4:30 – 6:30 pm $50 / $56 GRC 421828
- 8/1 – 8/22 Th 5:30 – 7:30 pm $50 / $56 GRC 421748

**DRAWING WITH PENCIL FOR ADULTS**

Work alongside an artist to learn the core fundamentals of drawing. Discover and learn how to use a variety of pencils to create different patterns, techniques, and textures in your drawings. All materials are provided. All levels of experience welcome.

**AGES 18+**

- 6/4 – 6/29 Tu 7 – 9 pm $55 / $60 LTRC 464186
- 6/6 – 6/27 Th 10 am – 12 pm $55 / $60 Hub 447856
- 7/2 – 7/23 Tu 7 – 9 pm $55 / $60 LTRC 464187
- 7/11 – 8/1 Th 10 am – 12 pm $55 / $60 Hub 447857
- 7/30 – 8/27 Tu 7 – 9 pm $55 / $60 LTRC 464188
- 8/8 – 8/29 Th 7 – 9 pm $55 / $60 Hub 44785

**PAINTING**

**ADULT ART STUDIO**

Explore a variety of mediums, including chalk, watercolor, acrylics, oil and more. Learn the basics of design through projects that will include drawing, painting and mixed media. All materials provided

**AGES 18+**

- 6/4 – 6/25 Tu 7 – 9 pm $67 / $72 GRC 430936
- 7/2 – 7/23 Tu 7 – 9 pm $67 / $72 GRC 430937
- 7/30 – 8/20 Tu 7 – 9 pm $67 / $72 GRC 430938

**ART EXPERIENCE**

Experience what it is like to work with oil, watercolor, pastel, ink and acrylics in a friendly setting. Learn new techniques or refresh your old skills. All materials provided.

**AGES 16+**

- 5/22 – 6/26 W 7 – 9 pm $68 / $74 GRC 430135
- 7/10 – 8/21 W 7 – 9 pm $81 / $91 GRC 430137
**ARTS**

**HAWAIIAN INK DAY CAMP**
Learn Polynesian tattoo designs, such as hibiscus flower or shark teeth, practice on paper, create a wall hanging to take home, and finally, use an FDA approved temporary ink on arm or hand to paint your own tattoo (easily removable with baby oil) in traditional black. Come try out your tattooing skills in this fun day camp!

**AGES 8-14**
8/14 W 1 - 3 pm $14 / $16 GRC 425808

**PAINTING WITH ACRYLICS**
Working with brushes, and palette knives, painting on paper or canvas, discover various textures, techniques, shapes and shadows. Learn and understand color-theory. Learn to paint from perspective, viewpoint, and distances. Intended for all students engaged in a beginning, advanced, or independent level of work. All levels of experience welcome. All supplies provided.

**AGES 16+**
6/5 - 6/26 W 10 am - 12 pm $55 / $60 Hub 447896
7/10 - 7/31 W 10 am - 12 pm $55 / $60 Hub 447897
8/2 - 8/30 F 9:30-11:30 am $55 / $60 Hub 456548
8/7 - 8/28 W 10 am - 12 pm $55 / $60 Hub 447898

**PAINTING WITH WATERCOLORS FOR ADULTS**
Have fun learning the basic fundamentals of watercolors. Discover and learn to use varieties of brushes, create different patterns, techniques, and textures in your paintings. Learn about color shading and value. All materials provided. All levels of experience welcomed.

**AGES 18+**
6/3 - 6/24 M 10 am - 12 pm $55 / $60 Hub 447886
6/3 - 6/24 M 4 - 6 pm $55 / $60 Hub 448806
7/8 - 7/29 M 10 am - 12 pm $55 / $60 Hub 447887
7/8 - 7/29 M 4 - 6 pm $55 / $60 Hub 448807
8/5 - 8/26 M 10 am - 12 pm $55 / $60 Hub 447888
8/5 - 8/26 M 4 - 6 pm $55 / $60 Hub 448808

**PARENT-TOT CANVAS AND COOKIES**
Create a work of art while enjoying some juice and cookies with a parent or guardian!

**AGES 5+**
6/19 W 6:30 - 7:30 pm $14 / $16 GRC 430096
7/17 W 6:30 - 7:30 pm $14 / $16 GRC 430097
8/7 W 6:30 - 7:30 pm $14 / $16 GRC 430098

**TEEN PAINTING**
Learn how to paint with various types of mediums and painting styles. Come perfect your brush skills in this fun class. Create colorful pieces of work that you will want to display at home.

**AGES 12-18**
5/30 - 6/20 Th 6:15 - 7:15 pm $40 / $44 GRC 420186
6/18 - 7/30 Tu 3 - 4:15 pm $50 / $55 GRC 421756
6/27 - 7/25 Th 6:15 - 7:15 pm $40 / $44 GRC 420187
8/1 - 8/22 Th 6:15 - 7:15 pm $40 / $44 GRC 420188

**TRAVELING ADULT PLEIN AIR WATERCOLOR WORKSHOP**
Work with a professional watercolorist to learn tricks and techniques during this 3-day workshop for producing quality watercolors. These techniques learned and practiced in class can be taken home to then finish and complete your beautiful masterpiece. Supply list online.

**AGES 16+**
6/4 - 6/25 Tu 6 - 8 pm $38 / $44 GRC 433076
7/16 - 7/30 Tu 6 - 8 pm $38 / $44 GRC 433077

**WATERCOLOR TECHNIQUES**
This class provides instruction for all levels, beginning to advanced, explore paint mixing and brushwork techniques led by an exceptional artist in a friendly setting.

**AGES 16+**
6/6 - 6/26 Th 6 - 8 pm $50 / $56 BRC 400426

**YOUTH ART STUDIO**
Kids will work with a variety of media, including paint, color pencils, oil pastels, watercolor, crayons and more! All materials provided.

**AGES 5-7**
6/3 - 6/24 M 10 am - 12 pm $40 / $44 GRC 421276
6/6 - 6/27 Tu 9:30 - 10:30 am $40 / $44 GRC 421286
7/1 - 7/22 M 4:15 - 5:15 pm $40 / $44 GRC 421277
7/11 - 7/25 Th 9:30 - 10:30 am $30 / $34 GRC 421287
7/29 - 8/19 M 4:15 - 5:15 pm $40 / $44 GRC 421278
8/1 - 8/22 W 9:30 - 10:30 am $40 / $44 GRC 421288

**YOUTH PAINTING**
Explore various types of painting mediums and painting styles. Perfect your use of a brush while creating beautiful colorful pieces of work that you’ll want to display at home.

**AGES 8-12**
6/4 - 6/29 Tu 4:15 - 5:30 pm $42 / $49 LTRC 454826
6/10 - 8/12 M 3 - 4:15 pm $83 / $91 GRC 421936
7/2 - 7/23 Tu 4:15 - 5:30 pm $42 / $49 LTRC 454827
7/30 - 8/27 Tu 4:15 - 5:30 pm $83 / $91 LTRC 454828

**YOUTH WATERCOLOR**
Try your hand at watercolor and discover composition, color and special techniques.

**AGES 10-16**
6/17 - 7/29 M 3 - 5 pm $50 / $56 GRC 430716

**POTTERY**

**BEGINNING YOUTH POTTERY**
Learn the basics of wheel throwing, handbuilding and glazing in this fun class! Dress for a mess. Clay is purchased in class. Attendance to first class is required.

**AGES 10-17**
5/31 - 7/12 F 4:45 - 6:45 pm $54 / $65 GRC 421615
6/18 - 8/30 Tu 12:30 - 2:30 pm $54 / $65 GRC 421346
7/19 - 8/23 F 4:45 - 6:45 pm $54 / $65 GRC 421617
CLAY CAMP
Create hand built clay projects including mugs, piggy banks and more using different handbuilding methods such as coil, slab and pinch styles.

AGES 5-7
6/24 – 6/28 M-F 9 am – 12 pm $93 / $99 LTRC 451256
7/29 – 8/2 M-F 9 am – 12 pm $93 / $99 LTRC 451257

AGES 8-12
6/24 – 6/28 M-F 1 – 4 pm $93 / $99 LTRC 451276
7/29 – 8/2 M-F 1 – 4 pm $93 / $99 LTRC 451277

CLAY CLUB
Learn to make clay projects using pinch, coil and slab techniques. Students will also learn about different glazing and firing techniques. Bring your imagination and we will provide the rest!

AGES 5-8
6/3 – 6/24 M 6:15 – 7:30 pm $41 / $48 GRC 424836
7/1 – 7/22 M 6:15 – 7:30 pm $41 / $48 GRC 424837
7/2 – 8/20 Tu 4:30 – 5:45 pm $74 / $82 GRC 424787
7/29 – 8/19 M 6:15 – 7:30 pm $41 / $48 GRC 424838

CLAY CREATIONS
Come create using clay! Learn a variety of hand building methods, combined with guided instruction about different glazing and firing techniques. All materials provided. Students will take home their imaginative masterpieces.

AGES 8-12
6/21 – 8/2 F 2 – 3:45 pm $56 / $60 GRC 421176
7/1 – 8/19 M 4:30 – 5:45 pm $74 / $82 GRC 424817

CLAYHOOD
Come play with clay! Students will learn fundamental clay concepts and will explore coils, slabs and pinched clay, while using their imaginations. All materials provided.

AGES 3-6
6/3 – 6/24 M 5:15 – 6:15 pm $40 / $44 GRC 421576
7/1 – 7/22 M 5:15 – 6:15 pm $40 / $44 GRC 421577
7/29 – 8/19 M 5:15 – 6:15 pm $40 / $44 GRC 421578

CONTINUING YOUTH POTTERY
Teens who have throwing experience will continue to develop their skills in this intermediate class. Dress for a mess. Clay is purchased in class.

AGES 10-17
5/31 – 7/12 F 6:45 – 8:45 pm $54 / $65 GRC 428345
6/6 – 7/18 Th 4:15 – 6:15 pm $54 / $65 GRC 421506
7/19 – 8/23 F 6:45 – 8:45 pm $54 / $65 GRC 428347
7/25 – 8/22 Th 4:15 – 6:15 pm $45 / $52 GRC 421507

GOODSON POTTERY STUDIO LABTIME
Practice your skills in the studio all month during center hours, except during wheel classes and up to 1/2 hour before the center closes. Potters of all levels work side by side. Participants must have recently taken a pottery class at Goodson to be eligible. Clay must be purchased through an instructor.

AGES 16+
6/1 – 6/30 M-Su $50 / $61 GRC 431906
7/1 – 7/31 M-Su $50 / $61 GRC 431907
8/1 – 8/31 M-Su $50 / $61 GRC 431908

POTTERY LEVEL 1
Learn the basics of pottery wheel throwing and glazing. You must be able to carry/lift 25lbs. Students must attend the first class.

AGES 16+
6/3 – 7/8 M 6:30 – 9:30 pm $92 / $107 GRC 431066
6/6 – 7/18 Th 12:45 – 3:45 pm $92 / $107 GRC 431076
6/8 – 7/13 Sa 9 am – 12 pm $92 / $107 GRC 428356
7/15 – 8/19 M 6:30 – 9:30 pm $92 / $107 GRC 431067
7/19 – 8/23 Sa 9 am – 12 pm $92 / $107 GRC 428357
7/25 – 8/22 Th 12:45 – 3:45 pm $77 / $90 GRC 431077

POTTERY LEVEL 2
This class is great for those who have completed a beginning class and want to learn more! Explore different techniques when throwing and centering, and experience more studio equipment as you advance in pottery.

AGES 16+
6/4 – 6/25 Tu 6:30 – 9:30 pm $63 / $70 GRC 431026
6/5 – 6/26 W 3 – 6 pm $63 / $70 GRC 431016
6/5 – 6/26 W 6:30 – 9:30 pm $63 / $70 GRC 431576
6/7 – 6/28 F 10:30 am – 1:30 pm $63 / $70 GRC 431596
7/2 – 7/23 Tu 6:30 – 9:30 pm $63 / $70 GRC 431027
7/3 – 7/24 W 3 – 6 pm $63 / $70 GRC 431017
7/3 – 7/24 W 6:30 – 9:30 pm $63 / $70 GRC 431577
7/5 – 7/26 F 10:30 am – 1:30 pm $63 / $70 GRC 431597
7/30 – 8/20 Tu 6:30 – 9:30 pm $63 / $70 GRC 431028
7/31 – 8/21 W 3 – 6 pm $63 / $70 GRC 431018
7/31 – 8/21 W 6:30 – 9:30 pm $63 / $70 GRC 431578
8/2 – 8/23 F 10:30 am – 1:30 pm $63 / $70 GRC 431598

POTTERY LEVEL 3
This class is for those who have been at a level 2 for awhile and are ready to learn more! We’ll focus on throwing larger pieces, exploring new tools and techniques and perfecting skills.

AGES 16+
6/3 – 6/24 M 11:30 am – 2:30 pm $63 / $70 GRC 431566
6/6 – 6/27 Th 6:30 – 9:30 pm $63 / $70 GRC 431586
7/1 – 7/22 M 11:30 am – 2:30 pm $63 / $70 GRC 431567
7/11 – 8/1 Th 6:30 – 9:30 pm $63 / $70 GRC 431587
7/29 – 8/19 M 11:30 am – 2:30 pm $63 / $70 GRC 431568
8/8 – 8/22 F 6:30 – 9:30 pm $48 / $56 GRC 431588

WRITING

WRITERS WORKSHOP FOR ADULTS
Thinking about writing a fiction story? Glean tips, ask questions and get advice from a published author. Workbook included in class fee.

AGES 18+
6/1 – 6/15 Sa 10 – 11 am $24 / $28 Hub 447916
7/6 – 7/20 Sa 10 – 11 am $24 / $28 Hub 447917
8/3 – 8/17 Sa 10 – 11 am $24 / $28 Hub 447918
CAMPS / PRESCHOOL

WRITERS WORKSHOP- CHILDREN’S BOOKS
Thinking about writing a children’s book? Glean tips, ask questions and get advice from a published author. Workbook included in class fee.

AGES Adult+
6/11 – 6/20 Tu Th 10 – 11:30 am $24 / $28 Hub 448196
7/16 – 7/25 Tu Th 10 – 11:30 am $24 / $28 Hub 448197

WRITERS WORKSHOP- MY CANCER JOURNEY
A two-week workshop with other cancer patients, led by a three-time cancer survivor and published author, where you will learn how write about coping with the problems that will occur on the road to recovery. Included in the workshop are two books, a diary and a workbook for your personal use.

AGES Adult+
6/8 – 6/22 Sa 10 – 11 am $24 / $28 Hub 448176
7/12 – 7/26 F 10 – 11 am $24 / $28 Hub 448177
8/7 – 8/21 W 10 – 11 am $24 / $28 Hub 448178

CAMPS

CAMP X-PLOSION
Based out of Goodson at deKoevend Park and Lone Tree Recreation Center at Prairie Sky Park, a wide variety of activities are offered for older campers ages 10-14. This day-long camp includes sports, challenges, games and field trips to popular local attractions. Camp runs 7 am - 6 pm. Must pay for registration fee to access the online camp portal which is a $20 a year fee. Free transfers will be allowed less the $5 processing fee. To ensure we are in compliance with CO child care regulations, all registrations must be done through the registration office in person or via email to janw@ssprd.org. If you email please include your child/ren’s name/s, id number, the name of the camp and the days of camp you want to register for. Camps fill up quickly; first come first serve. Costs are $31R/$39NR for regular days and $46R/$56NR for field trip days.

AGES 6–13
5/27 – 5/31 M–F 7 am – 6 pm $216 / $234 FSC 480055
6/3 – 6/7 M–F 7 am – 6 pm $252 / $270 FSC 480016
6/10 – 6/14 M–F 7 am – 6 pm $252 / $270 FSC 480026
6/17 – 6/21 M–F 7 am – 6 pm $252 / $270 FSC 480036
6/24 – 6/28 M–F 7 am – 6 pm $252 / $270 FSC 480046
7/1 – 7/5 M–F 7 am – 6 pm $216 / $234 FSC 480017
7/8 – 7/12 M–F 7 am – 6 pm $252 / $270 FSC 480027
7/15 – 7/19 M–F 7 am – 6 pm $252 / $270 FSC 480037
7/22 – 7/26 M–F 7 am – 6 pm $252 / $270 FSC 480047
7/29 – 8/2 M–F 7 am – 6 pm $252 / $270 FSC 480018
8/5 – 8/9 M–F 7 am – 6 pm $252 / $270 FSC 480028

CLUB GOODSON SUMMER CAMP
An exclusive program for youth ages K-9, (6th birthday must be prior to Oct 1). We provide a variety of activities based out of the Goodson from 7 am - 6 pm. Explore opportunities at this classic camp for those who enjoy a little bit of everything: arts and crafts, sports, science fun, indoor/outdoor group activities and field trips related to each week’s theme. A $20 a year registration fee is required to attend any full day camp. Free transfers will be allowed less the $5 processing fee. To ensure we are in compliance with CO child care regulations, all registrations must be done through the registration office in person or email to janw@ssprd.org. If you email please include your child/ren’s name/s, id number, the name of the camp and the days of camp you want to register for. Camps fill up quickly; first come first serve. Costs are $31R/$39NR for regular days and $46R/$56NR for field trip days.

CLUB LONE TREE SUMMER CAMP
Based out of Lone Tree Recreation Center, our licensed day camp keeps kids busy all day with activities such as, games, crafts, swimming, and field trips (dependent on day). Camp runs 7 am - 6 pm and is for children who are in kindergarten through age 9. Must pay for access to the online camp portal which is a $20 a year fee. Free transfers will be allowed less the $5 processing fee. To ensure we are in compliance with CO child care regulations, all registrations must be done through the registration office in person or email to janw@ssprd.org. If you email please include your name, your child/ren’s name/s, id number, the name of the camp and the days of camp you want to register for. Camps fill up quickly and will be first come first serve. Costs are $31R/$39NR for regular days and $46R/$56NR for field trip days.

FAMILY SPORTS CENTER SUMMER ADVENTURE CAMP (BY THE DAY)
Enroll by the day in our state-licensed program that keeps kids busy with activities such as ice skating, sports in the dome, climbing wall, laser tag, Eurobunyng, bumper cars and more. Daily fee: $50/$54 for non-field trip days and $66/$69 for field trip days (Wednesdays). Includes lunch and two snacks.

FAMILY SPORTS CENTER SUMMER ADVENTURE CAMP BY THE WEEK
Enroll by the day, the week or for the whole summer in our state-licensed day camp. It’s impossible to get bored with ice skating, laser tag, bumper cars, Eurobunyng, mini-golf, climbing wall and sports such as soccer, flag football and games in the sports dome.

AGES 6–13
5/27 – 5/31 M–F 7 am – 6 pm $216 / $234 FSC 480055
6/3 – 6/7 M–F 7 am – 6 pm $252 / $270 FSC 480016
6/10 – 6/14 M–F 7 am – 6 pm $252 / $270 FSC 480026
6/17 – 6/21 M–F 7 am – 6 pm $252 / $270 FSC 480036
6/24 – 6/28 M–F 7 am – 6 pm $252 / $270 FSC 480046
7/1 – 7/5 M–F 7 am – 6 pm $216 / $234 FSC 480017
7/8 – 7/12 M–F 7 am – 6 pm $252 / $270 FSC 480027
7/15 – 7/19 M–F 7 am – 6 pm $252 / $270 FSC 480037
7/22 – 7/26 M–F 7 am – 6 pm $252 / $270 FSC 480047
7/29 – 8/2 M–F 7 am – 6 pm $252 / $270 FSC 480018
8/5 – 8/9 M–F 7 am – 6 pm $252 / $270 FSC 480028
FRIDAY NITE XTREME
Join us for Friday Nite Xtreme the first Friday of the month from 7-10 pm. Activities include: Ice skating laser tag climbing wall bumper cars Eurobungey, and more! Fee includes all activities, a slice of pizza, and a drink! Additional concessions and arcade games are extra. Register online or at the door.

AGES 6-13
6/7  F 7 – 10 pm $19 / $22  FSC 481006
7/5  F 7 – 10 pm $19 / $22  FSC 481007
8/2  F 7 – 10 pm $19 / $22  FSC 481008

KIDS NATURE CLUBHOUSE SHERIDAN
Discover how much fun nature can be by playing in open spaces of Sheridan. Naturalists guide activities and nature games, provide a safe atmosphere, and spark curiosity.

AGES 6-10
6/17 - 6/21 M-F 9 am – 12 pm SRC 679490
7/15 - 7/19 M-F 9 am – 12 pm SRC 679491
7/22 - 7/26 M-F 9 am – 12 pm SRC 679492

KIDS NATURE CLUBHOUSE
Discover how much fun nature can be by playing in the forests and ponds. Naturalists guide activities and nature games, provide a safe atmosphere and spark curiosity.

AGES 6-10
6/10 - 6/14 M-F 9 am – 12 pm $99 / $109 SPP 674000
6/24 - 6/28 M-F 9 am – 12 pm $99 / $109 SPP 674001
7/22 - 7/26 M-F 9 am – 12 pm $99 / $109 SPP 674002
8/5 - 8/9 M-F 9 am – 12 pm $99 / $109 SPP 674003

ZOMBIE SURVIVAL CAMP
Can you survive a zombie apocalypse? Children will learn primitive and wilderness survival skills such as shelter-building, fire starting, obtaining food, avoiding dangers and finding resources, then they’ll put them to the test during an apocalypse. A pizza feast awaits the last day….if you make it!

Ages 9-12
7/8 - 7/12 M-F 9 am – 12 pm $169 / $179 SPP 674040
7/29 - 8/2 M-F 9 am – 12 pm $169 / $179 SPP 674041

JUNIOR RANGERS
A true nature adventure! Explore the forests, have hands-on opportunities with wildlife, float the river or Cooley Lake, experience a night hike, sleep-over and much more. Wednesday includes an overnight in the nature center through 8:30 am Thursday.

AGES 10-12
6/17/6/21 M-F 8:30 am - 4:30 pm $229/$235 SPP 674010
7/15/7/19 M-F 8:30 am - 4:30 pm $229/$235 SPP 674011
7/15 - 7/19 M-F 8:30 am - 4:30 pm $229 / $235 SPP 674012

ADVANCED RANGERS 2.0
A two-day adventure awaits returning Jr. Rangers! We will spend two days picnicking in the mountains, camping at Chatfield and floating or canoeing the waters in South Platte Park. Prerequisite: Advanced Jr. Rangers or two sessions of Jr. Rangers.

AGES 11-14
7/30 - 7/31 Tu W 8 am - 4:30 pm $129 / $135 SPP 674020

PRESCHOOL

FABBULOUS 3 & 4 YEAR OLDS
Focus is on large and small motor skills, introduction to letters, numbers, art, music, socialization, verbal and listening skills. Children must be potty trained and 3 years old. Non-refundable deposits now accepted for fall classes ($55/$65). Classes are offered at Goodson and Lone Tree recreation centers.

AGES 3-4
6/4 – 6/27 Tu Th 9 am – 12 pm $150 / $167 GRC 341506
7/2 – 7/25 Tu Th 9 am – 12 pm $150 / $167 GRC 341507
8/12 – 8/23 M W F 9 am – 12 pm $103 / $113 GRC 341208
8/13 – 8/22 Tu Th 9 – 12 pm $75 / $84 GRC 341508

CDT KIDZ CAMP
A fully licensed drop-in childcare program is here to meet your individual child care needs. Go to an appointment, go out to lunch, run errands and more. Social Interaction is encouraged, and children will engage in arts, crafts, computers, gymnastics, gym and outdoor playground. Staff is certified in CPR/First Aid and Universal Precautions.

AGES 30 mos-6
6/3  M 8:30 am – 2:30 pm $31 / $37 GRC 349116
6/5  W 8:30 am – 2:30 pm $31 / $37 GRC 349316
6/10 M 8:30 am – 2:30 pm $31 / $37 GRC 349116
6/12 W 8:30 am – 2:30 pm $31 / $37 GRC 349316
6/17 M 8:30 am – 2:30 pm $31 / $37 GRC 349136
6/19 W 8:30 am – 2:30 pm $31 / $37 GRC 349336
6/24 M 8:30 am – 2:30 pm $31 / $37 GRC 349146
6/26 W 8:30 am – 2:30 pm $27 / $35 GRC 349346
7/1 M 8:30 am – 2:30 pm $31 / $37 GRC 349117
7/8 M 8:30 am – 2:30 pm $31 / $37 GRC 349127
7/10 W 8:30 am – 2:30 pm $31 / $37 GRC 349327
7/15 M 8:30 am – 2:30 pm $31 / $37 GRC 349137
7/17 W 8:30 am – 2:30 pm $31 / $37 GRC 349337
7/22 M 8:30 am – 2:30 pm $31 / $37 GRC 349147
7/24 W 8:30 am – 2:30 pm $31 / $37 GRC 349347

AWESOME, GOOEY, & FUN!
Create seasonal and holiday art projects and take part in hands-on science activities. Bring a sack lunch. Child must be potty trained.

AGES 30 mos-5
6/4 – 6/27 Tu Th 12 – 2:30 pm $102 / $122 GRC 340606
7/2 – 7/25 Tu Th 12 – 2:30 pm $102 / $122 GRC 340607
6/3 – 6/27 M W 12 – 2:30 pm $102 / $122 GRC 340406
7/1 – 7/24 M W 12 – 2:30 pm $102 / $122 GRC 340407
8/12/8/21 M W 12 – 3 pm $54/$64 GRC 340408
8/13/8/22 T Th 12 – 3 pm $54/$64 GRC 340608
8/12/8/23 M W F 12 – 3 pm $73/$83 GRC 340308
8/16/8/23 F 12 – 3 pm $29/$39 GRC 340808
### Lone Tree Pre-Kindergarten 1/2 Day
Focus is on large and small motor skills, socialization and listening skills. Children are introduced to letters, numbers, art and music. Child must be potty trained and 4 years old by October 1. Non-refundable deposits now accepted for fall classes ($55/$65). Call 303-708-3510. Classes are offered Mon, Wed, and Fri for 4 and 5 year olds.

**Ages 4-5**
- 8/12 - 8/30 M W F 9 am - 12 pm $154 / $169 LTRC 343258

### Lone Tree Pre-Kindergarten Full Day
Focus is on large and small motor skills, socialization and listening skills. Children are introduced to letters, numbers, art and music. Child must be potty trained and 4 years old by October 1. Non-refundable deposits now accepted for fall classes ($55/$65). Call 303-708-3510.

**Ages 4-5**
- 8/12 - 8/30 M W F 9 am - 2 pm $345 / $385 LTRC 346918

### Lone Tree Preschool 1/2 Day
Focus is on large and small motor skills, socialization and listening skills. Children are introduced to letters, numbers, art and music. Child must be potty trained and 3 years old by October 1. Non-refundable deposits now accepted for fall classes ($55/$65). Call 303-708-3510. Classes are offered Tue and Thur for 3 and 4 year olds.

**Ages 3-4**
- 8/13 - 8/29 Tu Th 9 am - 12 pm $113 / $128 LTRC 342258

### Lone Tree Preschool Full Day
Focus is on large and small motor skills, socialization and listening skills. Children are introduced to letters, numbers, art and music. Child must be potty trained and 3 years old by October 1. Non-refundable deposits now accepted for fall classes ($55/$65). Call 303-708-3510. Classes are offered Tue and Thur for 3 and 4 year olds.

**Ages 3-4**
- 8/13 - 8/29 Tu Th 9 am - 2 pm $188 / $218 LTRC 342608

### C.D.T. Kidz Camp Drop-In Day Care for 2019-2020 at Goodson
 Begins August 12, 2019
 Monday - Friday 8:30 - 3:00
 $31/$37 Bring a sack lunch
 $16/$19 for 3 hours or less

### Marvelous 3 Year Olds Preschool - Goodson
Personal growth encouraged through large and small motor skill activities, group play, art and music. Children do not have to be potty trained. Held at Goodson Recreation Center, Monday through Friday 9 am - 12 pm. Starting Fall 2019-2020. This class will become Marvelous 3’s. Classes start at the Goodson Center August 12.

A Non-refundable $55; District $65 Non-District
Registration fee is required at the time of registration. This class will become Marvelous 3’s which will be a 3 year old class. The children will be either working on being potty trained or in the process of being potty trained.

**Ages 3**
- 8/12 - 8/23 M W F 9 am - 12 pm $103 / $113 GRC 342008
- 8/13 - 8/22 Tu Th 9 – 12 am $75 / $84 GRC 342908

**Ages 30 mos-3**
- 6/3 - 6/26 M W F 9 am - 12 pm $205 / $225 GRC 342006
- 7/1 - 7/25 M W F 9 am - 12 pm $188 / $206 GRC 342007

### Ready, Set, Go Preschool - Goodson
Prepare your child for Kindergarten. Individual attention on fine and gross motor skills, reading and math readiness, art, music, science, socialization, and verbal and listening skill development.

**Ages 4-5**
- 6/3 - 6/28 M W F 9 am - 12 pm $205 / $225 GRC 344206
- 7/1 - 7/26 M W F 9 am - 12 pm $188 / $206 GRC 344207
- 8/12 - 8/23 M W F 9 am - 12 pm $103 / $113 GRC 344208
- 6/2 - 6/25 Tu Th 9 am - 12 pm $150 / $167 GRC 344606
- 7/2 - 7/25 Tu Th 9 am - 12 pm $150 / $167 GRC 344607
- 8/13 – 8/22 Tu Th 9 am - 12 pm $75 / $84 GRC 344608

### Adult

#### Adult Ballet
This class is great for dancers who are wanting to get back into ballet. Relearn form and technique while toning and elongate your muscles. This is not a continuing class but previous dance experience is recommended.

**Ages 15+**
- 6/25 – 8/20 Tu 10 – 11:15 am $64 / $70 GRC 432206
ADULT BALLET BARRE
Develop the strength, stamina, coordination and balance of a dancer. This classical ballet class will focus on ballet technique and proper body alignment.

AGES 18+
5/31 - 7/5  F 1 - 2:15 pm $48 / $58  BRC 402005
7/12 - 8/16 F 1 - 2:15 pm $48 / $58  BRC 402007
8/29 - 10/3  Th 12 - 1:15 pm $48 / $58  BRC 392858

ADULT LATIN FUSION DANCE
Experience the creativity and originality of a seamless blend of Latin dance styles. Class begins with a proper warm up for alignment, strength and conditioning. Then we progress to an introduction of Latin body movement and styling, honing in on dynamics, isolations and texture. You will hear familiar terminology ranging from jazz to hip hop styles to classical and contemporary. This class is for beginners, ladies and gents, and is not a couple’s dance class.

AGES 18+
5/31 - 6/28  F 2 - 3 pm $38 / $40  SRC 438745
7/12 - 8/23  F 2 - 3 pm $38 / $40  SRC 438747

BALLROOM DANCE NIGHTS
Dance the night away with us at the Buck or Lone Tree ballroom. Swing, Waltz, Rumba, Cha Cha, Tango and Foxtrot to the live rhythms of The Mile High Big Band. Singles always welcome!

AGES 18+
6/7  F 7 - 10 pm $8 / $10  LTRC 461987
6/8  F 7 - 10 pm $8 / $10  BRC 396358

BEGINNING BALLROOM DANCE
Dance for any celebration or event with a different dance style learned each class. Explore Waltz, Foxtrot, and/or Tango. Session is geared towards participants.

AGES 18+
6/5 - 7/10  W 7:15 - 8:45 pm $72 / $77  BRC 402346
7/17 - 8/14  W 7:15 - 8:45 pm $60 / $64  BRC 402347

BELLY DANCE
Learn the secrets of moving your hips like a Belly Dancer from Professional Dancer Rooshana. Surprising benefits are fluidity of motion, stronger shoulders, better posture, and improved coordination in this fun class.

AGES 15+
7/1 - 7/22  M 7:30 - 8:30 pm $40 / $44  GRC 432177
7/1 - 8/12  M 7:30 - 8:30 pm $45/50  GRC 432177
7/29 - 8/19  M 7:30 - 8:30 pm $40 / $44  GRC 432178

JAZZ/BROADWAY
Experience the best of Broadway! The class will focus on various musical theatre techniques and styles. Learn dances inspired by the likes of Michael Bennett and Bob Fosse. All levels welcome. Dance shoes recommended.

AGES 15+
6/25 - 8/20  Tu 7 - 8 pm $68 / $74  GRC 432096

LINE DANCE
Love to dance but don’t have a partner? Kick up your heels to a variety of music for exercise and friendship. This is a drop-in class. *Close-toed, leather soled shoes strongly recommended. Ultra Beginner Each week focuses on a set of basic line dance steps and a review of previously learned steps. Dance are taught incorporating various combinations of steps in order to help students get use to putting these combinations together within various dances while performed to various kinds of music. Line dancing is a fun, social exercise - good for mind and body.
Drop-in Resident: $5.50; Nonresident: $6.50
65+ Resident: $4.50; Nonresident: $5.50
10 Punch card pass: Resident: $50; Nonresident: $60
65+ Resident: $40; Nonresident: $50

Ultra Beginner
Mondays 11:30 am -12:25 pm at the Goodson Recreation Center
Beginner
Wednesdays 1:30 - 2:25 pm at the Lone Tree Recreation Center
Improver/Intermediate
Thursdays 1:30 - 2:25 pm at the Buck Recreation Center

RITZ TAPPERS - BEGINNING
This is a fun, non-performing class tailored for the older adult who wants to learn to tap or simply brush up on their tap skills. Simple steps will be integrated into dances.

AGES 18+
7/12 - 8/23  F 11:15 am – 12:15 pm $49 / $55  GRC 432327

RITZ TAPPERS - INTERMEDIATE/ADVANCE
This class is designed for the tapper who is familiar with tap terms and steps. You will have fun learning dances while brushing up on technique!

AGES 18+
7/12 - 8/23  F 12:15 – 1:15 pm $49 / $55  GRC 432337

SQUARE DANCE FREE DEMO CLASS
Join us at Buck Recreation Center for a free Square Dance Demo Class! A professional caller will lead the class and provide guidance for first-timers. Square dancing is a great social and physical activity. No registration is required for Demo Class. Singles welcome; no experience necessary. Register for actual classes after the Demo.

AGES 16+
8/27  Tu 6 – 7:30 pm Free  BRC 155508

BASIC SQUARE DANCE
Join us for great exercise of the body and mind.

AGES 16+
9/3-10/22  Tu 6-8 pm  BRC 396369

TAP - BEGINNING
Put a rhythm into your feet! Tap classes are fun, vigorous and a great way to exercise! Have fun learning the basic movements of Tap in this energetic class. Tap shoes required.

AGES 15+
7/1 - 8/19  M 6:30 - 7:30 pm $60 / $64  GRC 432317
**TAP - CONTINUING**

Have fun learning the basic and advanced movements of Tap. Previous experience is recommended. Tap shoes required.

**AGES 15+**

7/1 - 8/19  M  5:30 - 6:30 pm  $60 / $64  GRC  432147

**TAP - INTERMEDIATE**

Students in this class will be learning advanced movements of Tap. Previous tap experience required. Tap shoes required.

**AGES 15+**

6/25 - 8/20  Tu  6 - 7 pm  $68 / $74  GRC  432266

**WEDDING DANCE WORKSHOP**

Learn to dance so you can take the dance floor with confidence for your special event, or one you’re attending. May bring your own music. Singles welcome. 2 classes.

**AGES 18+**

5/20 - 5/22  M W  7:15 - 8:45 pm  $21 / $23  BRC  402385

**CAMPS**

**PRINCESS DANCE CAMPS**

Create essential pieces for your princess costume and learn a dance. Performance on the last day of class.

**AGES 3-5**

7/1 - 7/3  M - W  2:30 - 3:45 pm  $36 / $40  GRC  422987

7/16 - 7/18  Tu - Th  2:30 - 3:45 pm  $36 / $40  GRC  422997

8/6 - 8/8  Tu - Th  2:30 - 3:45 pm  $36 / $40  GRC  422998

**DANCE CAMP**

Explore a variety of dance styles which could include lyrical, jazz, hip-hop or ballet. If the camp focuses on a particular type it will be listed online under each camp. Performance on last day of camp.

**AGES 5-8**

6/3 - 6/6  M - Th  3 - 4:30 pm  $39 / $52  LTRC  450946

6/24 - 6/28  M - F  2:45 - 3:45 pm  $33 / $35  GRC  422726

6/24 - 6/27  M - Th  3 - 4:30 pm  $39 / $52  LTRC  459696

7/8 - 7/11  M - Th  3 - 4:30 pm  $39 / $52  LTRC  450947

7/22 - 7/26  M - F  2:45 - 3:45 pm  $33 / $35  GRC  422727

**AGES 8-14**

6/10 - 6/14  M - F  2:45 - 4:30 pm  $57 / $61  GRC  422886

6/17 - 6/21  M - F  1 - 3 pm  $65 / $69  BRC  392106

6/17 - 6/21  M - F  9 - 11 am  $65 / $69  SRC  438616

7/8 - 7/12  M - F  2:45 - 4:30 pm  $57 / $61  GRC  422887

7/8 - 7/10  M Tu W  9 - 11 am  $39 / $41  SRC  438617

8/5 - 8/9  M - F  2:45 - 4:30 pm  $57 / $61  GRC  422888

8/5 - 8/7  M Tu W  9 - 11 am  $39 / $41  SRC  438618

**RECREATIONAL DANCE**

**BALLET IN A DAY**

Try out ballet. The class is an introduction to the South Suburban’s Dance Programs. Participants show off their skills during the last 15 minutes of class.

**AGES 4-6**

8/24  Sa  12:30 - 1:45 pm  $10 / $12  GRC  422678

**PRE-BALLERINAS**

Children learn the fundamentals of pre-ballet in a fun, relaxed atmosphere.

**AGES 4-5**

6/25 - 8/20  Tu  12:30 - 1:15 pm  $58 / $64  GRC  421966

6/29 - 8/17  Sa  11:15 am - 12 pm  $58 / $64  GRC  422636

**BALLET- RECREATIONAL**

Students will work on balance, body awareness, basic ballet movements, ballet vocabulary and floor work. All is done in a relaxed and fun environment.

**AGES 4-6**

5/31 - 6/28  F  1 - 1:45 pm  $37 / $40  SRC  438715

7/12 - 8/23  F  1 - 1:45 pm  $37 / $40  SRC  438717

**BALLET/TAP COMBO**

If you’ve had a little bit of ballet experience and want to learn more, this class is for you! Expand your ballet knowledge and learn basic tap moves in this combo class. Attire: Leotard and tights and appropriate ballet and tap shoes required. Pre-requisite: Pre-Ballerina class

**AGES 5-7**

6/29 - 8/17  Sa  12 - 1 pm  $58 / $64  GRC  422116

**TAP DANCE FOR FUN**

As soon as the tap shoes go on, your child will begin exploring the sounds and rhythms made possible through this wonderful and unique American dance style. Our tap dance classes for children introduce the basic rhythms, preparatory steps and sequencing with special attention to technique, and fun.

**AGES 4-6**

7/12 - 8/16  F  10:30 - 11:30 am  $38 / $44  BRC  392837

**CREATIVE DANCERS**

Groove and move with fun songs in an upbeat environment! Students should wear clothes that they can move in and dance shoes.

**AGES 3-4**

6/25 - 8/20  Tu  11:45 am - 12:30 pm  $58 / $64  GRC  422086

6/29 - 8/17  Sa  10:15 - 11 am  $58 / $64  GRC  422606
**GROOVAROO**
You and your baby can boogie together through easy dance moves in this safe, fun class. Bond with your baby, while getting exercise. Bring a two-shoulder carrier for your baby that allows your baby to face you. Class fee is per child; no charge for adults.

**AGES Infant+**
- 6/3-6/24 4:30-5:25 pm $30/$35 GRC 429036
- 6/5-6/26 12-1 pm $30/$35 GRC 429126
- 6/7-7/12 4:30-5:25 pm $30/$35 GRC 429036
- 7/10-31 12-1 pm $30/$35 GRC 429127
- 7/29-8/19 4:30-5:25 pm $30/$35 GRC 429036
- 8/7-8/21 12-1 pm $30/$35 GRC 429128

**PARENT-TOT DANCE**
Children explore locomotor movements through dance, games, rhythms and basic steps while dancing with their parent or caregiver. Ballet slippers are recommended.

**AGES 18 mos-3**
- 5/28 – 6/18 Tu 11:15 – 11:45 am $19 / $24 GRC 422796
- 5/31 – 6/21 F 9 – 9:30 am $19 / $24 GRC 422546
- 5/31 – 6/21 F 9:30 – 10 am $19 / $24 GRC 422566
- 6/5 – 6/26 W 4 – 4:30 pm $19 / $24 BRC 392186
- 6/25 – 7/23 Tu 11:15 – 11:45 am $19 / $24 GRC 422797
- 6/28 – 7/26 F 9 – 9:30 am $19 / $24 GRC 422547
- 7/10 – 7/31 W 4 – 4:30 pm $19 / $24 BRC 392187
- 7/30 – 8/20 Tu 11:15 – 11:45 am $19 / $24 GRC 422798
- 8/2 – 8/23 F 9 – 9:30 am $19 / $24 GRC 422548
- 8/2 – 8/23 F 9:30 – 10 am $19 / $24 GRC 422568

**HIP HOP IN A DAY**
Come try hip hop in this introductory class! Students will perform what they learned that day during the last 15 minutes of the class.

**AGES 9-12**
- 8/24 Sa 10 am – 12 pm $16 / $19 GRC 422858

**HIP HOP DANCE**
Learn hip hop choreography, technique and coordination that is age-appropriate, high energy and fun!

**AGES 6-8**
- 5/22 – 6/26 W 5:15 – 6:15 pm $38 / $44 SRC 438845
- 5/30 – 6/27 Th 4:30 – 5:30 pm $38 / $44 BRC 392695
- 7/3 – 8/7 W 5:15 – 6:15 pm $38 / $44 SRC 438847
- 7/11 – 8/15 Th 4:30 – 5:30 pm $38 / $44 BRC 392697

**AGES 8-10**
- 6/29 – 8/17 Sa 9 – 10 am $58 / $64 GRC 422346

**JAZZ FUNK DANCE**
Jazz Funk, also called Street Jazz, incorporates little bits and pieces of other dance genres and wraps them into a funky style that is both fun and expressive! Some of the movements are isolations, flexibility, syncopation (off beat), releve’s, pirouettes, rolled shoulders, jazz hands. Paired with funky music, Jazz Funk is a dance style of the body and mind. Be graceful, be intense and have fun!

**AGES 9-14**
- 5/22 – 6/26 W 6:30 – 7:30 pm $38 / $44 SRC 436975
- 7/3 – 8/7 W 6:30 – 7:30 pm $38 / $44 SRC 436977
- 7/12 – 8/16 F 11:30 am – 12:30 pm $38 / $44 BRC 392847

**PRINCESS DANCE**
Little ones wear a tutu or other fun dance attire and learn choreography and techniques that are age-appropriate, high energy and fun!

**AGES 3-5**
- 7/12 – 8/23 F 10:45 – 11:30 am $29 / $33 SRC 438837

**SING, DANCE AND MOVE**
Children have fun learning different songs, dance and movement styles. They will explore their imaginative bodies and minds through creative movement. This class is for children only.

**AGES 3-5**
- 6/4 – 6/25 Tu 9 – 9:45 am $30 / $33 BRC 380216
- 7/9 – 7/30 Tu 9 – 9:45 am $30 / $33 BRC 380217

**WINTER SHOWCASE BALLET LEVEL 1**
Instill grace, balance, precision, discipline, and self-confidence through ballet. This is a progressive program with classes designed especially for young children.

**AGES 3-4**
- 8/19 – 12/9 M 1:30 – 2:15 pm $121 / $135 GRC 422848
- 8/22 – 12/12 Th 11:30 am – 12:15 pm $121 / $135 GRC 429068
- 8/23 – 12/3 F 1:30 – 2:15 pm $121 / $135 GRC 422278
- 8/27 – 12/10 Tu 4 – 4:45 pm $121 / $135 LTRC 451978
- 8/28 – 12/11 W 4:30 – 5:15 pm $121 / $135 BRC 392359
- 8/30 – 12/13 F 12:30 – 1:15 pm $121 / $135 BRC 392559
- 9/3 – 12/17 Tu 4:15 – 5 pm $121 / $135 GRC 429079

**AGES 4-5**
- 8/19 – 12/9 M 2:15 – 3 pm $121 / $135 GRC 422028
- 8/21 – 12/11 W 5:30 – 6:15 pm $121 / $135 GRC 429088
- 8/23 – 12/13 F 2:15 – 3 pm $121 / $135 GRC 422558
- 8/26 – 12/9 M 12 – 12:45 pm $121 / $135 LTRC 452048
- 8/26 – 12/9 M 12:45 – 1:30 pm $121 / $135 LTRC 452118
- 8/29 – 12/12 Th 4:30 – 5:15 pm $121 / $135 BRC 392359
- 8/30 – 12/13 F 12:30 – 1:15 pm $121 / $135 BRC 392559
- 9/3 – 12/17 Tu 4:15 – 5 pm $121 / $135 GRC 429079

**AGES 5-7**
- 8/19 – 12/9 M 1:30 – 2:15 pm $121 / $135 GRC 422078
- 8/21 – 12/11 W 5:30 – 6:15 pm $121 / $135 GRC 429088
- 8/23 – 12/13 F 2:15 – 3 pm $121 / $135 GRC 422558
- 8/26 – 12/9 M 12:15 – 1:30 pm $121 / $135 LTRC 454208
- 8/28 – 12/12 Th 4:30 – 5:15 pm $121 / $135 BRC 392378
- 8/30 – 12/13 F 12:30 – 1:15 pm $121 / $135 BRC 392559
- 9/3 – 12/17 Tu 4:15 – 5 pm $121 / $135 GRC 429079

**AGES 7-10**
- 8/22 – 12/12 Th 4 – 4:45 pm $121 / $135 GRC 422068
- 8/22 – 12/12 Th 12:15 – 1 pm $121 / $135 GRC 429018
- 8/23 – 12/13 F 3 – 3:45 pm $121 / $135 GRC 422598
- 8/28 – 12/11 W 5:15 – 6:15 pm $121 / $135 BRC 392369
- 8/28 – 12/11 W 4:30 – 5:15 pm $121 / $135 LTRC 452778
- 8/29 – 12/19 Th 5:45 – 6:45 pm $121 / $135 BRC 392378
- 8/29 – 12/19 Th 5:15 – 6 pm $121 / $135 LTRC 454208

ssprd.org
EDUCATION / ENRICHMENT

WINTER SHOWCASE BALLET LEVEL 2
Continue to perfect your ballet technique, posture and balance in this Level 2 class. All students must have previous ballet experience and instructor permission to join.

AGES 6-8
8/23 - 12/13  F 3:45 - 4:30 pm $121 / $135  GRC 429048
8/28 - 12/11  W 5:15 - 6:15 pm $121 / $135  LTRC 451838

AGES 7-9
8/22 - 12/12  Th 4:45 - 5:45 pm $121 / $135  GRC 422828

AGES 8-12
8/23 - 12/13  F 4:45 - 5:45 pm $121 / $135  GRC 422188
8/28 - 12/11  W 6:15 - 7:15 pm $121 / $135  LTRC 451868

WINTER SHOWCASE BALLET LEVEL 2 AND 3
Continue to perfect your ballet technique, posture and balance in this Level 2/3 class. All students must have previous ballet experience and instructor permission to join. No Class 11/20,11/28

AGES 7-14
8/29 - 12/19  Th 6:45 - 7:45 pm $128 / $145  BRC 392349

WINTER SHOWCASE BALLET LEVEL 3
This advance class will continue to work on technique, strength and choreography. All students must have previous ballet experience and instructor permission to join.

AGES 9-14
8/22 - 12/12  Th 6:45 - 7:45 pm $121 / $135  GRC 422198
8/27-12/10  Tu 5:45-6:45 pm $121 / $135  LTRC 451858
8/28-12/11  W 7:15-8:15pm $121 / $135  LTRC 451878

WINTER SHOWCASE BALLET LEVEL 4
This class has students working on body alignment, advanced barre and floor work. All students must have previous ballet experience and instructor permission to join. Prerequisite for Intensive: Must have instructor approval for continuing classes, please call 303-708-3513.

AGES 9-16
8/23 - 12/13  F 5:45 - 6:45 pm $121 / $135  GRC 422338
8/27-12/10  Tu 6:45-8 pm $121 / $135  LTRC 451758

WINTER SHOWCASE HIP HOP
Learn hip hop moves while working on coordination, strength and team work.

AGES 9-15
8/23 - 12/13  F 7:45 - 8:30 pm $121 / $135  GRC 422048
8/27 - 12/10  F 6 - 7 pm $121/135  LTRC 459378
9/6-12/20  F 7 - 7:45 pm $121/135  GRC 422739

ACTING

THEATER - PLAY ACTING FOR CHILDREN
Have fun while learning to pretend on stage. Music and pantomime used to act out imaginary scenes and animals. Short presentation at last class.

AGES 4-6
7/1 – 8/5  M 4:30 – 5:15 pm $32 / $33  BRC 395057

YOUTH IMPROV
Improv is spontaneous, entertaining and fun! Join us for games, skits (without a script!) and more to help build confidence!

AGES 6-12
6/3 – 6/24  M 5:30 – 6:15 pm $29 / $34  GRC 425466
7/1 – 7/22  M 5:30 – 6:15 pm $29 / $34  GRC 425467
7/29 – 8/19  M 5:30 – 6:15 pm $29 / $34  GRC 425468

AGES 9-14
6/3 – 6/24  M 6:15 – 7 pm $29 / $34  GRC 424716
7/1 – 7/22  M 6:15 – 7 pm $29 / $34  GRC 424717
7/29 – 8/19  M 6:15 – 7 pm $29 / $34  GRC 424718

YOUTH THEATER
Learn to perform in front of others, expand your imagination, build characters and even confidence. Family can observe the last day of class.

AGES 6-9
6/28 – 7/26  F 4:30 – 5:30 pm $35 / $42  GRC 422506

AGES 9-14
6/28 – 7/26  F 5:30 – 6:30 pm $35 / $42  GRC 425526
YOUTH THEATER CLASS AND PRODUCTION- FOLK TALES FOR FUN

This exceptional children’s play will have actors and audiences alike lost in the magic and fun of other worlds. Folk Tales for Fun will take you on a magnificent tour of Germany, Egypt, Turkey, Liberia and more with entertaining, universal folk tales both new and familiar to children. Bridge the gap between cultures by experiencing these six stories from around the world.

Audition for this youth full-theater summer production: Tues, June 25, 4-6:30pm at Buck Recreation Center Theater. Make an audition appointment by calling 303-730-4612.

Have a 60 second monolog memorized. Successful audition participants then register for the class. With an ensemble cast, each member will have relatively equal stage time, playing one or several parts. This production, complete with set and costumes will be presented to a ticketed public.

Rehearsals July 9 - Aug 8, Tues and Thurs rehearsals 6:30-8:30pm and Sat morning rehearsals 9-11am. Performance August 9, 7pm.

AGES 6–16
6/25 - 8/9  Tu Th 6:30 - 8:30 pm  $87 / $97  BRC 395966

CAMPS

ACTING CAMP

Theater games, improvisation and mini-play rehearsals. Family performance on last day.

AGES 4–7
5/28 - 5/31  Tu-F  1 - 4 pm  $73 / $78  LTRC 453125

AGES 8–8
7/9 - 7/12  Tu-F  1 - 3 pm  $63 / $68  SRC 438179
6/25 - 6/28  Tu-F  1:30 - 3:30 pm  $63 / $68  SRC 438178
8/12 - 8/13  M Tu  1 - 3 pm  $38 / $44  GRC 424648

AGES 7–12
6/25 - 6/28  Tu-F  1:30 - 3:30 pm  $63 / $68  GRC 425296
7/9 - 7/12  Tu-F  1 - 3 pm  $63 / $68  GRC 424647
7/15 - 7/18  M Tu  1 - 3 pm  $63 / $68  SRC 438177

AGES 8–12
6/10 - 6/14  M-F  1 - 4 pm  $91 / $97  LTRC 450916
7/22 - 7/26  M-F  1 - 4 pm  $91 / $97  LTRC 453257

AGES 9–14
6/11 - 6/14  Tu W Th F  1 - 3 pm  $63 / $68  GRC 424646

AGES 11–14
7/15 - 7/19  M-F  1 - 4 pm  $91 / $97  LTRC 450917

ACTION MOVIE FLIX CAMP

The favorite from 2018 is back. Students use a green screen, camera tricks, and special effects to create their own live-action action adventure movie. They’ll collaborate to write, act and direct in this action packed movie where kids will be taught action choreography to thrill the audience. Flix downloadable within a month after camp ends.

AGES 7–13
6/24 - 6/28  M-F  9 am - 12 pm  $252 / $257  GRC 425346

BUBBLING BEAKERS & RADICAL REACTIONS

Explore molecular madness, bubbling beakers and all kinds of radical reactions in this exciting chemistry-themed camp! Find out how different chemicals react when mixed together, learn to spot the difference between a chemical and a physical change, discover the exciting world of acids and bases, and use your skills as a chemist to create slime and other crazy concoctions to take home!

AGES 6–11
6/17 - 6/21  M-F  1 - 4 pm  $215 / $220  GRC 425516

GAME CODING: SUPER MARIO CAMP

This camp will give you hands-on experience developing your own game using Scratch 2, a visual coding platform. Students will learn how to think like a programmer and learn coding concepts while creating a 2-dimensional, arcade-style Super Mario Bros.-themed game.

AGES 5–9
6/3 - 6/7  M-Th  1 - 4 pm  $185 / $190  Hub 448586

ALL-GIRLS PRE-ENGINEERING USING LEGO

A NEW Play-Well offering for girls who love to build! Taught by women engineers and scientists, this course will provide a supportive environment for girls to build engineer-designed projects such as boats, bridges, mazes and motorized cars. Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor.

AGES 5–12
5/28-5/31 Tu-F 1-4 pm  $180/185  GRC  424445

GO PRO FLIX CAMP

Traditional filmmaking has never been like this. No tripods in this class, it’s all about new and exciting ways to film and capture movement as the camera becomes part of the movie making process. Students work in groups to experiment with this amazing filmmaking tool and learn the techniques and tricks behind creating truly unique GoPro movies. Flix downloadable within a month after camp ends.

AGES 7–13
7/8–7/12 M-F  9 am - 12 pm  $301 / $306  GRC 425377
7/22 – 7/26 M-F  9 am - 12 pm  $301 / $306  Hub 448617

GREEN SCREEN LEGO FLIX - STOP-MOTION ANIMATION

Bring Lego Stop-motion animation to the next level! Campers will design and build their movie sets out of Legos, and transport them anywhere using green screen technology. Once campers create their Lego world, they’ll bring it to life in movies which they storyboard, shoot and to which they’ll add voice-overs. All activities are done in age appropriate groups. Fee includes $35 Production Fee.

AGES 7–13
7/8–7/12 M-F  9 am - 12 pm  $275 / $280  BRC 382017
HARRY POTTER MAGICAL ENGINEERING WITH LEGOS
Explore the magic of Harry Potter using LEGO®! Find Platform 9 3/4, build Hogwarts Express Train, work cooperatively to construct the mysterious Hogwarts Castle, and challenge the Hungarian Horntail Dragon. Travel to a world of wizardry and hone your magical skills while learning about Muggle (STEM) concepts.

AGES 5-7
7/1 - 7/3 M Tu W 9 am - 12 pm $135 / $140 GRC 425537

AGES 7-12
7/1 - 7/3 M Tu W 1 - 4 pm $135 / $140 GRC 425547

INTRO TO CODING WITH SUPER HEROES CAMP
Create your own video game. Love video games? Choose your storyline with popular super heroes; add challenges and levels of difficulty, then share by email or post on the web to challenge family and friends. Now young students can practice math, logic, and programming and put their video game talents to work!

AGES 5-9
6/3 - 6/7 M-Th 9 am - 12 pm $185 / $190 Hub 448576

JAVA MINECRAFT MOD DEVELOPMENT: SUPERHERO ARMOR
Learn to code by making custom Minecraft mods! Add armor to Minecraft that gives your character powers like a superhero! Make pants that make you run like the Flash, make a night vision helmet like Batman, or make a cape that lets you fly through the air like Superman! Students will be coding in Java, so basic typing skills are required.

AGES 9-14
7/29 - 8/1 M-Th 1 - 4 pm $185 / $190 Hub 448797

LITTLE MEDICAL SCHOOL CAMP FOR TEENS
Med School for Teens introduces kids to the exciting world of medicine utilizing more advanced topics and techniques. Understand what an EKG is, how to tie suture knots, understand how blood functions and common blood abnormalities, make a model of human skin, discuss preparation for getting into medical school and more!

AGES 10-13
7/8 - 7/12 M-F 1 - 4 pm $266 / $270 Hub 447087

LITTLE MEDICAL SCHOOL PREK CAMP
We bring medicine, science and the importance of health to children in an entertaining, exciting and fun way. Campers will learn to use stethoscopes, blood pressure cuffs and reflex hammers. They’ll learn about healthy bones, broken bones and fixing bones. The amazing heart will be explored as well as basic first aid and how to help their friends.

AGES 4-5
8/5 - 8/6 M Tu W 9 am - 12 pm $116 / $120 BRC 380788

LITTLE VETERINARIAN SCHOOL CAMP—FANTASTIC CATS
This exciting new camp focuses on basic cat care and what it is like to be a veterinarian who cares for kitties. Students will learn how to complete a proper Tip-to-Tail exam, understand cat body language, how to maintain a stress-free environment for cats, and more! Each future veterinarian will adopt a stuffed furry friend to use throughout the program and take home.

AGES 6-10
7/22 - 7/23 M Tu 9 am - 12 pm $116 / $120 Hub 448637

LITTLE VETERINARY PRE-K CAMP
This camp introduces children to the field of Veterinarian Medicine and the basic care of our animal companions. We will learn to use medical equipment; how to approach a dog safely; to understand dog body language; harmful food for dogs and what to do when a dog swallow something it shouldn’t; and all about fleas, ticks and other pests. Most of all, we will have fun!

AGES 4-5
6/10 - 6/11 M Tu 9 am - 12 pm $116 / $120 BRC 380786

LITTLE VETERINARY SCHOOL CAMP—DARLING DOGGIES
Little Veterinarian School® encourages children to explore the exciting world of veterinarians and one of our favorite canine companions, Dogs! Using role-playing, interactive demonstrations, crafts and games, kids learn how to take care of a pet and perform tasks that real veterinarians do in this fun-filled 5-Day camp. Each child will adopt a new stuffed furry friend that will be used throughout the camp.

AGES 6-10
6/24 - 6/28 M-F 9 am - 12 pm $266 / $270 Hub 447096
7/1 - 7/2 M Tu 9 am - 12 pm $116 / $120 BRC 380817

MADSCIENCE EUREKA! INVENTORS AND EXPLORERS CAMP
Inspire the inventor and scientist in you! We will introduce our campers to a variety of famous inventors from history, and teach them about the patent process. Campers will be encouraged to create their own inventions through hands-on activities and out-of-the-box thinking. Take-home projects will inspire campers throughout the year!

AGES 6-11
6/17 - 6/21 M-F 9 am - 12 pm $215 / $220 BRC 382696

MADSCIENCE! BIOLOGY BLAST CAMP
From the tiniest of cells in the human body to complex ecosystems in the world around us, campers will have a blast with biology in this new camp from Mad Science! We will explore a wide variety of concepts including conservation, anatomy, ornithology, entomology and more!

AGES 6-11
6/12 - 6/14 W Th F 9 am - 12 pm $135 / $140 BRC 382686
7/22 - 7/26 M-F 9 am - 12 pm $215 / $220 Hub 448567
## MadScience! Stem-Ulating Science Sampler Camp
Explore five different science and engineering concepts including photography, chemistry, robotics, secret codes and cyphers, and more! This hands-on program offers campers a different theme each day.

### Ages 6-11
<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>6/10 - 6/14</td>
<td>M-F</td>
<td>9 am - 12 pm</td>
<td>$215 / $220</td>
<td>Hub 448556</td>
</tr>
<tr>
<td>7/15 - 7/19</td>
<td>M-F</td>
<td>9 am - 12 pm</td>
<td>$215 / $220</td>
<td>BRC 382707</td>
</tr>
</tbody>
</table>

## Minecraft Game Designer Camp
Don’t just play Minecraft! Turn Minecraft from a game into a visual learning tool! This camp will reinforce problem solving skills and spatial cognition by teaching students to create in-game puzzles, mazes, and obstacle courses. Students will learn basic game design skills while they collaborate to build adventure maps, as well as some advanced features of Minecraft, such as command blocks.

### Ages 5-9
<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>7/29 - 8/1</td>
<td>M-Th</td>
<td>9 am - 12 pm</td>
<td>$185 / $190</td>
<td>Hub 448787</td>
</tr>
</tbody>
</table>

## Minecraft movie Flix
You love Minecraft! Let your imagination be your guide as you turn the popular video games into an exciting Minecraft world made out of paper. Using stop-motion animation you will bring Steve, the creepers, animals and more to life. Students will write, storyboard, shoot, and add voice-over in age-appropriate groups. Flix downloadable within a month after camp ends.

### Ages 7-13
<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/24 - 6/28</td>
<td>M-F</td>
<td>1 - 4 pm</td>
<td>$275 / $280</td>
<td>GRC 425366</td>
</tr>
</tbody>
</table>

## Mission to the Moon
SpaceTime’s ALL NEW Mission to the Moon Camp takes children on a virtual 240,000-mile adventure to set up a moon base on Earth’s nearest neighbor in space. Students will learn about the nature of the moon, get to design, operate and launch exploration missions from their own 1/6 gravity moon base and, in commemoration of the 50th anniversary of the Apollo moon landing, relive the real adventure of rocketing from the Earth to the moon.

### Ages 5-10
<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>7/15 - 7/16</td>
<td>M Tu</td>
<td>1 - 4 pm</td>
<td>$75 / $80</td>
<td>LTRC 456197</td>
</tr>
<tr>
<td>7/17 - 7/19</td>
<td>W-F</td>
<td>12:30 - 3:30 pm</td>
<td>$110 / $115</td>
<td>GRC 424867</td>
</tr>
</tbody>
</table>

## NASA: Expedition to Infinity
Developed in partnership with NASA, this camp will send future space explorers on a trajectory from our Earth’s atmosphere to the outer reaches of our solar system – and everywhere in between! This hands-on program will bring children face-to-face with the stars, planets, comets and more through a series of exciting hands-on activities, engaging demonstrations, and fun take home projects. Grab your astronaut suits, it’s time to journey into space! Please note that the curriculum in this camp is astronomy-based!

### Ages 6-11
<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>7/29 - 8/3</td>
<td>M-F</td>
<td>9 am - 12 pm</td>
<td>$215 / $220</td>
<td>GRC 425447</td>
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<tr>
<td>7/29 - 8/3</td>
<td>M-F</td>
<td>1 - 4 pm</td>
<td>$215 / $220</td>
<td>GRC 425437</td>
</tr>
</tbody>
</table>

## Ocean Blue Camp
Come take a dive into the world of marine biology and oceanography. Dissect a real shark, design our own fish and bring to life genuine Triassic Triops. Examine sea shells from the sea shore and make a cool design to take home. We’ll continue the fun and examine the anatomy of a fish and make fish print t-shirts. We’ll finish the week and come face-to-face with some unique sea creatures such as squid. Jump right in for an adventure under the sea.

### Ages 5-12
<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>7/22 - 7/26</td>
<td>M-F</td>
<td>9 am - 12 pm</td>
<td>$250 / $255</td>
<td>BRC 382357</td>
</tr>
</tbody>
</table>

## Roblox Movie Flix
Roblox are all the rage! in this stop-motion movie making class, students will use Roblox action figures to create a movie full of challenges and games for their characters to overcome. Students will work together in small groups to create the fun tasks and obstacles, write, film and voice-over their movies. Flix downloadable within a month after camp ends.

### Ages 7-13
<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
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<tbody>
<tr>
<td>7/8 – 7/12</td>
<td>M-F</td>
<td>1 - 4 pm</td>
<td>$275 / $280</td>
<td>GRC 425477</td>
</tr>
<tr>
<td>7/22 – 7/26</td>
<td>M-F</td>
<td>1 - 4 pm</td>
<td>$275 / $280</td>
<td>Hub 448627</td>
</tr>
</tbody>
</table>

## Robotic Builders: Battlebots Camp
Let the battles begin! Designed by the experts at MIT, LEGO Wedo Robotics unique system teaches students about simple machines, engineering, programming and so much more. In this camp, students may construct a catapult, ninja star, tank, battle axe, crossbow and more!

### Ages 6-11
<table>
<thead>
<tr>
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<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8/5 – 8/8</td>
<td>M-Th</td>
<td>9 am - 12 pm</td>
<td>$168 / $172</td>
<td>Hub 448598</td>
</tr>
</tbody>
</table>

## Space Chase Camp
Play the role of a detective to help solve a mystery spanning the whole solar system! Students will piece together clues about a strange comet headed for the sun, while learning about the planets, asteroids and moons it passes along the way, and how all those things affect life here on earth!

### Ages 8-10
<table>
<thead>
<tr>
<th>Dates</th>
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<th>Fee</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>6/3 – 6/4</td>
<td>M Tu</td>
<td>1 - 4 pm</td>
<td>$75 / $80</td>
<td>LTRC 456186</td>
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<tr>
<td>6/18 – 6/20</td>
<td>Tu-Th</td>
<td>12:30 - 3:30 pm</td>
<td>$110 / $115</td>
<td>GRC 424586</td>
</tr>
</tbody>
</table>

## Space Explorers
Get ready to explore the final Frontier! This camp is an all around space exploration experience. Create your own launch-to-landing space missions; feel what it’s like to walk on an alien world in our micro-gravity boots; build and launch space and atmosphere friendly Galactic Gliders and much more!

### Ages 8-10
<table>
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<th>Fee</th>
<th>Location</th>
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<tbody>
<tr>
<td>6/3 – 6/7</td>
<td>M-F</td>
<td>9 am - 12 pm</td>
<td>$180 / $185</td>
<td>GRC 424356</td>
</tr>
</tbody>
</table>
**STAR WARS ROBOTIC BUILDERS CAMP**

Designed by the experts at MIT, this unique system teaches students about simple machines, engineering, programming, and so much more. Working in pairs, students will create Star Wars and space-inspired robots. Your students will build LEGO models featuring motors, tilt sensors, motion detectors, and a USB robotics hub. Models include the AT-ST bipedal walker, Spinning Tie Fighter, Cannons, and other out-of-this-world models.

**AGES 7-12**

8/5 - 8/8    M-Th    1 – 4 pm $168 / $172     Hub 448608

**SUPERHERO ENGINEERING WITH LEGO**

Save the world with LEGO Super Heroes! An experienced Play-Well instructor guides young heroes as they design, build and save a city where ingenuity and imagination can solve any conflict.

**AGES 5-12**

5/28 – 5/31    Tu W Th F    9 am – 12 pm $180 / $185     GRC 424275

**TALK TO THE CAMERA: PRINCESS POWER MOVIE MAGIC**

Does your kiddo love to play dress up? In this camp, students transform into their favorite princesses and work together to save the day in their own mini movie.

**AGES 7-14**

6/24 – 6/28    M-F    1 – 4 pm $200 / $205     Hub 448756

**TALK TO THE CAMERA: SCARY MOVIE MAGIC**

Does your kid enjoy zombies, vampires and screams? This camp is not for the faint at heart. Kids will create a group age appropriate scary movie. (Please send kids with clothes that can get messy)

**AGES 7-14**

7/15 – 7/19    M-F    9 am – 12 pm $200 / $205     Hub 447187

**TALK TO THE CAMERA: SUPER HEROES & VILLAINS MOVIE MAGIC**

Kapow! Bang! Zoink! Kids create their own live action movie for an added punch. Students write, act, direct and collaborate in this action packed camp. It will be a thrill to watch. Our professionals do the editing. We send you a downloadable link when complete.

**AGES 7-14**

6/10 – 6/14    M-F    1 – 4 pm $200 / $205     Hub 447466

**TALK TO THE CAMERA: YOUTH TUBER CAMP**

Does your kid love YouTube videos, or love to create their own videos in hopes of being the next YOUTH TUBER? In this camp each student creates their own personalized videos and/or group videos.

**AGES 7-14**

7/8 - 7/12    M-F    9 am – 12 pm $200 / $205     Hub 448647

**CHESS FULL - DAY WORKSHOP**

Beginners and intermediates will have fun with rules and strategy taught by master chess instructor Todd Bardwick.

**AGES 6-14**

5/29    W    9 am – 3:30 pm $62 / $68     GRC 411135

7/3    W    9 am – 3:30 pm $74 / $80     GRC 411137

8/1    Th    9 am – 3:30 pm $74 / $80     GRC 411138

**TALK TO THE CAMERA: YOUTH TUBER PLUS CAMP**

Every age has its own storytelling form and YouTube is a huge part of our culture. Does your kid want to create their own videos and become the next YOUTH TUBER sensation? In this camp, students learn on-camera presence, content creation and editing in a hands-on collaborative environment!

**AGES 7-14**

7/8 - 7/12    M-F    1 – 4 pm $200 / $205     Hub 448657

**XTREME STEM OLYMPIAD CAMP**

Go For the Gold! Join us as we vault our way through our STEM Olympiad. Create your “athlete” and then put them through their paces. Build mechanical arms, catapults, and hover crafts that throw them, launch them, spin them and more. You’ll love the rough and tumble Xtreme STEM Olympiad “Athlete.” And, if we have a photo finish - we’ll also make a working pinhole camera! Its Newton Laws of Motion to the MAX plus a few extras to make this a Gold Medal Camp.

**AGES 8-12**

7/15 – 7/19    M-F    9 am – 12 pm $250 / $255     Hub 447187

**CHESS**

**CHESS FULL - DAY WORKSHOP**

Beginners and intermediates will have fun with rules and strategy taught by master chess instructor Todd Bardwick.

**AGES 6-14**

5/29    W    9 am – 3:30 pm $62 / $68     GRC 411135

7/3    W    9 am – 3:30 pm $74 / $80     GRC 411137

8/1    Th    9 am – 3:30 pm $74 / $80     GRC 411138
COOKING FOR KIDS

CHEF KIDS CAMP
Expand your cooking skills while having fun with friends. New theme every class!
AGES 7-12
6/3 – 6/5 M Tu W 9 am – 12 pm $60 / $66 LTRC 454586

CHEF KIDS
Expand your cooking skills while having fun with friends. New theme every class!
AGES 7-12
6/8 Sa 10:30 am-12 pm $29 / $32 LTRC 468106
7/10 Sa 10:30 am-12 pm $29 / $32 LTRC 468108
7/13 Sa 10:30 am-12 pm $29 / $32 LTRC 468107

CUPCAKE CHALLENGE
Cupcake baking and decorative creativity happen in our kitchen. Children will present cupcakes to the group, competition style, at the close of class.
AGES 7-12
6/15 Sa 10:30 am-12 pm $29 / $32 LTRC 455376
6/17 Sa 10:30 am-12 pm $29 / $32 LTRC 455378
6/20 Sa 10:30 am-12 pm $29 / $32 LTRC 455377

EDUCATIONAL

LUNCH AND LEARN - “DEFYING THE AGE TRAP”
A light hearted and impactful presentation by Gina Oldenburg, local inspirational wellness speaker and author, focusing on simple techniques and movements to stay fit and youthful at any age. Take home the ABC’s of a well-lived life. Lunch included.
AGES 18+
6/5 W 12:30 – 2 pm $10 / $12 GRC 703886

LUNCH AND LEARN - “SUMMERTIME IN ART HISTORY”
Cynthia Peer, art historian, will highlight four very important and famous artists from the age of Rococo to the age of the impressionist. Featuring artists Antoine Watteau, Fragonard and two women of the impressionist era; Mary Cassatt and Berthe Morisot. Lunch included.
AGES 18+
8/7 W 12:30 – 2 pm $10 / $12 GRC 703886

PRESCHOOL SPANISH 1
Children will be welcomed to speak, dance, sing, and play as we introduce practical Spanish words and phrases for introductions, numbers, colors and sharing about one’s self! No experience necessary! Students receive a CD of music with lyrics and handouts throughout the session.
AGES 2-5
6/26 – 8/14 W 9:30 – 10:15 am $105 / $110 Hub 448486
8/21 – 10/2 W 9:30 – 10:15 am $105 / $110 Hub 448488

PRESCHOOL SPANISH 2
Children will continue the learning from Preschool Spanish 1 as we speak, dance, sing and play. We will enjoy an interactive session introducing phrases about food, meals, and family! Preschool Spanish 1 classes recommended, but not required. Students receive a CD of music with lyrics and handouts throughout the session.
AGES 2-5
5/24 – 7/5 F 9:30 – 10:15 am $105 / $110 Hub 448495
7/26 – 9/6 F 9:30 – 10:15 am $105 / $110 Hub 448497

SOCIAL SKILLS GROUPS FOR EARLY ELEMENTARY
Explore a fun way for kids to learn about friendship skills, emotional regulation, anger management and flexibility. A combination of team activities, group discussion, games, movement, role-play, and other fun activities will be used.
AGES 6-8
7/9 – 8/27 Tu 1:15 – 2:05 pm $319 / $322 Hub 447787

SOCIAL SKILLS GROUPS FOR LATE ELEMENTARY
Explore a fun way for kids to learn about friendship skills, emotional regulation, anger management and flexibility. A combination of team activities, group discussion, games, movement, role-play, and other fun activities will be used.
AGES 9-11
6/26 – 8/21 W 1:15 – 2:05 pm $319 / $322 Hub 447796

SOCIAL SKILLS GROUPS FOR PRESCHOOLERS
Explore a fun way for preschool kids to learn about turn taking skills, emotional regulation, beginning delayed gratification and introductory conversation skills. A combination of team activities, group discussion, games, movement, role-play, and other fun activities will be used during this 8-week session.
AGES 3-5
7/9 – 8/27 Tu 2 – 2:50 pm $319 / $322 Hub 447777

LEGO CLASSES

LEGO MINECRAFT BUILD: ADVENTURE GAME CAMP
Bring Minecraft to life using LEGO! Resourcefulness, creativity and cooperation come together in the unique game. Build a Zoo; create a Medieval Castle; and design a Tree House Village. This LEGO experience is an original game designed by Play-Well instructors inspired by the popular game Minecraft.
AGES 8-12
7/15 – 7/18 M-Th 9 am – 12 pm $180 / $185 GRC 424317
LEGO MINECRAFT BUILD: SURVIVAL GAME CAMP

Bring Minecraft to life using LEGO! Resourcefulness, creativity and cooperation come together in this building adventure game. This LEGO Minecraft experience is an original game designed by Play-well instructors, using gameplay elements and characters inspired by the popular Minecraft video game.

AGES 7-12
7/15 - 7/18  M-Th  1 - 4 pm  $180 / $185  GRC 424327

MUSIC

CROCODILE ROCK

This Parent Tot music program features a folk guitarist and an opportunity for your child to sing and dance and play musical instruments in an educational and stimulating setting. Crocodile Rock helps them to develop an appreciation for music. No class July 6.

AGES 1.5-5
6/1-6/22  Sa 10:15-11 am  $40 / $44  LTRC 463766
6/29-7/27  Sa 10:15-11 am  $40 / $44  LTRC 463767
8/3-8/24  Sa 10:15-11 am  $40 / $44  LTRC 463768

MUSIC TOGETHER

For over 30 years, the award-winning Music Together program has helped adults to support their children's music and overall development. We are passionate about developing strong minds, strengthening family bonds, building community, inspiring creativity, and nurturing self-expression through the power of making music together. We offer a playful, interactive class flowing with songs, dance, chants and instrumental jam sessions, the prelude to a lifetime of musical enjoyment. Classes for infants, toddlers, preschoolers and the adults who love them.

AGES 0-5
6/17 - 7/29  M 12 - 12:45 pm  $110 / $115  LTRC 453516
6/20 - 8/1  Th  9:30 - 10:15 am  $110 / $115  LTRC 453716
6/20 - 8/1  Th  10:30 - 11:15 am  $110 / $115  LTRC 453726

CONTINUING ACOUSTIC GUITAR FOR ADULTS

Continue learning acoustic guitar at a relaxed pace. Students must bring a guitar to class.

AGES 16+
6/6 - 8/1  Th  6:45 - 8:15 pm  $105 / $120  LTRC 453356
8/15 - 10/3  Th  6:45 - 8:15 pm  $105 / $120  LTRC 453358

INTRO ACOUSTIC GUITAR FOR ADULTS

Learn acoustic guitar at a relaxed pace in a small group setting. All levels welcome. Students must bring a guitar to class.

AGES 16+
6/6 - 8/1  Th  5:15 - 6:45 pm  $105 / $120  LTRC 453426
8/15 - 10/3  Th  5:15 - 6:45 pm  $105 / $120  LTRC 453428

YOUTH ACOUSTIC GUITAR

Learn acoustic guitar fundamentals, techniques for playing and tablature, as well as reading notes. Small group setting.

AGES 8-12
6/8 - 8/3  Sa 9 - 10:30 am  $105 / $120  LTRC 453506
8/17 - 10/5  Sa 9 - 10:30 am  $105 / $120  LTRC 453508

FUN KEYS SEMI PRIVATE PIANO LESSONS

“Fun Keys” semi private piano lessons present popular piano teaching methods with catchy rhythms, melodies, and chord progressions that students love to practice.

AGES 4-5
6/3 - 6/24  M 4 - 4:30 pm  $60 / $65  Hub 448216
7/8 - 7/29  M 4 - 4:30 pm  $60 / $65  Hub 448217
8/5 - 8/26  M 4 - 4:30 pm  $60 / $65  Hub 448218

AGES 6-7
6/3 - 6/24  M 4 - 4:30 pm  $60 / $65  Hub 448226
7/8 - 7/29  M 4 - 4:30 pm  $60 / $65  Hub 448227
8/5 - 8/26  M 4 - 4:30 pm  $60 / $65  Hub 448228

AGES 8-9
6/3 - 6/24  M 4:30 - 5 pm  $60 / $65  Hub 448236
7/8 - 7/29  M 4:30 - 5 pm  $60 / $65  Hub 448237
8/5 - 8/26  M 4:30 - 5 pm  $60 / $65  Hub 448238

AGES 10-11
6/3 - 6/24  M 5 - 5:30 pm  $60 / $65  Hub 448246
7/8 - 7/29  M 5 - 5:30 pm  $60 / $65  Hub 448247
8/5 - 8/26  M 5 - 5:30 pm  $60 / $65  Hub 448248

AGE 12
6/3 - 6/24  M 5:30 - 6 pm  $60 / $65  Hub 448256
7/8 - 7/29  M 5:30 - 6 pm  $60 / $65  Hub 448257
8/5 - 8/26  M 5:30 - 6 pm  $60 / $65  Hub 448258

TEEN ACOUSTIC GUITAR

Learn acoustic guitar fundamentals, techniques for playing and tablature, as well as reading notes. Small group setting.

AGES 12-16
6/8 - 8/3  Sa 10:30 am - 12 pm  $105 / $120  LTRC 453496
8/17 - 10/5  Sa 10:30 am - 12 pm  $105 / $120  LTRC 453498
DROP-IN GROUP FITNESS

Drop-in fitness classes are included with daily admission (including SilverSneakers® and Silver & Fit), unless otherwise noted. Classes are open to ages 10-11 when accompanied by an adult and 12 & older without adult supervision.

Location Key
BRC=Buck Rec Center GRC=Goodson Rec Center
LTRC=Lone Tree Rec Center SRC=Sheridan Rec Center

Check out complete fitness schedule and descriptions online at ssprd.org/schedules or by calling or visiting the recreation centers.

Cardio and Strength Combo
Get a complete workout to improve cardio and muscular endurance in these classes targeted to hit all major muscle groups.
- Boot Camp GRC, LTRC
- Cardio Sculpt LTRC, GRC
- Total Body Fitness BRC, GRC
- Walk-n-Tone GRC

Cycling
Enjoy an overall fitness ride including interval, endurance and strength portions while you conquer simulated hills, mountains and flat terrain, as you control the intensity and resistance level.
- Cycling BRC, GRC, LTRC
- Cycle Core GRC

Dance
Dance your way to fitness in our many unique offerings. Classes include a variety of choreography to ensure a great workout and a fun time.
- Barre Pilates BRC
- Barre Sculpt GRC, LTRC
- Cardio Dance LTRC
- HoopCore BRC
- Nia BRC
- Step GRC
- Step Combo LTRC
- Zumba® BRC, GRC, LTRC
- Zumba® Gold BRC, GRC, LTRC

Mind Body
Improve your mind, body and soul in one of our many great mind body classes. Whether you are looking for relaxation or a challenge, there is something for everyone.
- Gentle Yoga LTRC
- Hatha Yoga BRC, GRC, LTRC, SRC
- Healing Pilates GRC
- Nia BRC
- Pilates BRC, GRC
- Power Yoga GRC, LTRC
- Stretch & Core GRC, BRC, LTRC
- Sunrise Yoga BRC
- Yin Yoga BRC, GRC, LTRC
- Yoga Flow BRC, GRC, LTRC
- Yoga Fusion GRC

Water Fitness
Get a great workout in the water! Use the resistance of the water and aqua equipment to improve your health and fitness in these lower impact workouts.
- Aqua BRC, GRC, LTRC
- Gentle Aqua BRC

Sculpt and Strength
Strengthen and tone major muscle groups using your body weight and all of our “toys” including weights, stability balls, BOSU’s, resistance tubing and more.
- Barre Sculpt GRC, LTRC
- BodyPump™ GRC, LTRC
- Power Hour BRC, GRC, LTRC
- Cardio Sculpt LTRC, GRC

Specialty
The specialty fitness classes are great for anyone looking for a gentler workout or those with chronic conditions.
- Body in Balance BRC, LTRC
- Exercise with Ease BRC
- Gentle Aqua BRC
- Healthy Back BRC, GRC, LTRC
- Healing Pilates GRC, LTRC
- Active Adult Cardio BRC, GRC, LTRC
- SilverSneakers® Circuit BRC, GRC, LTRC
- SilverSneakers® Classic BRC, GRC, LTRC, SRC
- SilverSneakers® Yoga BRC, GRC, LTRC

NIA IN THE PARK
Join us for a free session of Nia in the Park!
Friday, June 28, 10-11 am Sterne Park (South Shelter)
No registration necessary. Experience a holistic dance workout that uses a low-impact, bare footed technique with a blend of dance and martial arts.

YOGA IN THE PARK
Enjoy this meditative practice in the great outdoors! The free Yoga in the Park series is open to those age 10 and older. No yoga experience necessary. Bring a mat or towel for class.
- May 28 6:30-7:30 pm Belvedere Park*
- June 12 6-7 pm Sterne Park (South Shelter)
- June 25 6:30-7:30 pm Belvedere Park*
- July 30 6:30-7:30 pm Belvedere Park*
- Aug 6 5:30-6:30 pm deKoevend Park (Shelter C)
- Aug 27 6:30-7:30 pm Belvedere Park*
* Sponsored by RidgeGate
**GROUP TRAINING**

**FUNCTIONAL MOTION**
Gentle exercises help restore balance and strength through postural alignment. Get relief from chronic and occasional pain while improving your body's full range of motion. No class 9/2.

**AGES 16+**
- 7/1 - 9/23 M 3 - 3:55 pm $143 / $153 GRC 541187
- 7/2 - 9/24 Tu 10:35 - 11:30 am $156 / $166 LTRC 562457

**MUTU: CORE AND PELVIC FLOOR TRAINING**
Fix your core and pelvic floor with proven MuTu System™, the definitive, medically endorsed Mummy Tummy Workout system. A great class for strengthening your core. Additional equipment required. More information available online at ssprd.org.

**AGES 18+**
- 7/11 - 9/26 Th 10:30 - 11:25 am $143 / $153 GRC 543407

**ACTIVE ADULT WEIGHT TRAINING**
Incorporate machine weights, free weights, stretching/flexibility, balance and core training. Senior Rates Available.

**AGES 18+**
- 6/3 - 6/26 M W 10:15 - 11:30 am $40 / $51 BRC 520176
- 6/3 - 6/26 M W 9:30 - 10:45 am $40 / $51 GRC 542186
- 6/3 - 6/26 M W 10 - 11:15 am $40 / $51 LTRC 562256
- 6/4 - 6/27 Tu Th 8:45 - 10 am $40 / $51 GRC 542206
- 6/4 - 6/27 Tu Th 9:30 - 10:45 am $40 / $51 GRC 542216
- 7/1 - 7/31 M W 10:15 - 11:30 am $50 / $64 BRC 520177
- 7/1 - 7/31 M W 9:30 - 10:45 am $50 / $64 GRC 542187
- 7/1 - 7/31 M W 10 - 11:15 am $50 / $64 LTRC 562257
- 7/2 - 7/30 Tu Th 8:45 - 10 am $40 / $51 GRC 542207
- 7/2 - 7/29 Tu Th 9:30 - 10:45 am $40 / $51 GRC 542217
- 8/1 - 8/22 Tu Th 8:45 - 10 am $35 / $45 GRC 542208
- 8/1 - 8/22 Tu Th 9:30 - 10:45 am $35 / $45 GRC 542218
- 8/5 - 8/28 M W 10:15 - 11:30 am $30 / $39 BRC 520178
- 8/5 - 8/21 M W 9:30 - 10:45 am $30 / $39 GRC 542188
- 8/12 - 8/28 M W 10 - 11:15 am $30 / $39 LTRC 562258

**CONTINUING CORE AND PELVIC FLOOR**
This continuation class will strengthen the muscles that help both your core and pelvic floor function properly, as well, help you achieve better alignment and balance. Program will focus on whole body toning with intensive workouts that make you sweat and make every exercise a core/ab exercise! Designed for those who have already completed a 12-week session of Introduction to MuTu: Core and Pelvic Floor Training class. Drop-in available: $15 R/$18NR

**AGES 18+**
- 7/11 - 8/29 Th 9:30 - 10:10 am $108 / $118 GRC 543417

**FREE EQUIPMENT ORIENTATION**
Attend a general orientation session with a personal trainer in a group setting to learn safe and proper use of a variety of cardiovascular and weight machines.

**AGES 10+**
- 6/3 M 8:30 - 9:45 am LTRC 562306
- 6/10 M 9 - 10:15 am GRC 542306
- 6/12 Tu 9 - 10:15 am BRC 520256
- 6/20 Th 5:30 - 6:45 pm BRC 520306
- 7/1 M 8:30 - 9:45 am LTRC 562307
- 7/8 M 9 - 10:15 am GRC 542307
- 7/9 Tu 9 - 10:15 am BRC 520257
- 7/18 Th 5:30 - 6:45 pm BRC 520307
- 8/12 M 9 - 10:15 am GRC 542308
- 8/13 Tu 9 - 10:15 am BRC 520258
- 8/15 Th 5:30 - 6:45 pm BRC 520308
- 8/26 M 8:30 - 9:45 am LTRC 562308

**PARKINSON’S FOUNDATIONS**
Class incorporates exercises that target specific deficits and focuses on strength, balance and flexibility to overcome challenges, improve quality of life and restore functions. Classes benefits those with Parkinson’s, as well as those with MS, TBI, neurological disorders, and anyone who wants to age well. Senior rates available. No Class: 7/4, 8/20, 8/22

**AGES 18+**
- 6/4 - 6/27 Tu Th 1:30 - 2:30 pm $40 / $51 BRC 520996
- 6/4 - 6/27 Tu Th 1:15 - 2:15 pm $40 / $51 LTRC 563256
- 7/2 - 7/30 Tu Th 1:30 - 2:30 pm $40 / $51 BRC 520997
- 7/2 - 7/30 Tu Th 1:15 - 2:15 pm $40 / $51 LTRC 563257
- 8/1 - 8/29 Tu Th 1:30 - 2:30 pm $35 / $45 BRC 520998
- 8/1 - 8/29 Tu Th 1:15 - 2:15 pm $35 / $45 LTRC 563258

**PERSONAL TRAINING**

**FREE ASK A TRAINER HOUR: BUCK, GOODSON, LONE TREE**
Ask a Trainer Hour with a South Suburban Personal Trainer: An interactive session that includes exercise demonstrations, answers to your fitness questions and an opportunity to learn the benefits of working with a personal trainer.
- Goodson: 6/10 from 10:30 am -11:30 am
- Buck: 7/9 from 10:15 am -11:15 am
- Lone Tree: 8/26 from 10 am-11am
PERSONAL EQUIPMENT ORIENTATIONS
Individual 60-minute session which includes orientation and set-up on a variety of cardiovascular and weight machines. $25R/$30NR

PERSONAL TRAINING ADULT AND YOUTH
Achieve your goals through affordable training. Personal training provides safe, effective workouts designed for each individual’s needs and goals. Trainers are nationally certified and have diverse fitness, nutrition and overall wellness backgrounds. If you are looking for weight loss, toning, adding muscle, maintaining independence or improving over health, our personal trainers will help you achieve your goals.

Adult Rates
1 Session: $45R/$55NR
3 Sessions: $126R/$159NR
5 Sessions: $200R/$255NR
10 Sessions: $380R/$490NR

Youth Rates (ages 10-17)
1 Session: $40R/$49NR
3 Sessions: $111R/$132NR
5 Sessions: $175R/$210NR
10 Sessions: $330R/$400NR

Small Group Rates (2-4 people)
1 Session: $59R/$70NR
3 Sessions: $168R/$201NR
5 Sessions: $270R/$325NR
10 Sessions: $520R/$630NR

PRIVATE YOGA AND TAI CHI SESSIONS
Improve your yoga or tai chi practice with private sessions with our highly trained and certified instructors. Call 303.483.7089 for appointments at Goodson, for Buck call 303.730.4610 and 303.708.3514 for appointments at Lone Tree. Pricing and package options same as personal training.

PHYSICAL THERAPY
Physical Therapist Doug Geistert, MPT, is a graduate of Western Michigan University and the University of Iowa Physical Therapy Program. He has over 25 years of experience as a therapist and manager at outpatient orthopedic clinics and at a local hospital. Call 303.483.7089 for more information.

Physical Therapy Fees
1 Session $65R/$75NR
3 Sessions $180R/$205NR

PILATES
Increase core muscle strength, expand flexibility, improve posture and decrease back discomfort. Class may include use of equipment such as Pilates rings, fit balls, bands, etc. All fitness levels welcome. Single Daily Admission $10 Resident; $11 Nonresident.

AGES 12+
6/5 – 6/26 W 8:45 – 9:40 am $28/$32 Hub 570106
7/3 – 7/31 W 8:45 – 9:40 am $35/$40 Hub 570107
8/7 – 8/28 W 8:45 – 9:40 am $28/$32 Hub 570108

PILATES 101
Pilates utilizes a unique system of simple, yet challenging stretching and strengthening exercises which target the core. Suitable for all levels; adapted to each individual regardless of experience.

AGES 10+
6/3 – 6/24 M 5:15 – 6:15 pm $41/$49 GRC 540046
6/6 – 6/20 Th 5:15 – 6:15 pm $41/$49 GRC 540036
7/6 – 7/29 M 5:15 – 6:15 pm $41/$49 GRC 540047
7/11 – 7/25 Th 5:15 – 6:15 pm $41/$49 GRC 540037
8/1 – 8/22 Th 5:15 – 6:15 pm $41/$49 GRC 540038
8/5 – 8/19 M 5:15 – 6:15 pm $41/$49 GRC 540048

PRIVATE PILATES REFORMER/MAT SESSIONS
Improve posture, body alignment, core stability, strength and flexibility through personalized Pilates instruction. Equipment includes: Reformer, fit balls, stability discs, foam rollers, jump board and flex rings. Goodson and Buck only.

One on One Rates:
1 Session: $55R/$61NR
3 Sessions: $171R/$189NR
5 Sessions: $280R/$320NR
10 Sessions: $530R/$610NR

Group Rates (2-4 People):
1 Session: $76R/$80NR
3 Sessions: $219R/$240NR
5 Sessions: $335R/$370NR
10 Sessions: $660R/$730NR

REFORMER BASICS ORIENTATION
Learn the basics of Pilates as they apply to the Reformer apparatus. The orientation will prepare you to participate in our 4-week small group Reformer classes and/or private personal or small group Reformer training. Orientation is a prerequisite to register for small group Reformer classes unless patron has had extensive previous Reformer experience or has completed at least one private Reformer session with SSPRD Reformer Trainer.

AGES 16+
5/28 Tu 10:45 am – 12 pm $17/$21 GRC 543855
6/9 Sa 10:30 – 11:45 am $17/$21 BRC 521186
6/13 Th 9:30 – 10:45 am $17/$21 BRC 521176
6/19 W 6:30 – 7:45 pm $17/$21 GRC 543866
6/20 Th 6:30 – 7:45 pm $17/$21 BRC 521166
6/25 Tu 10:45 am – 12 pm $17/$21 GRC 543856
7/11 Th 9:30 – 10:45 am $17/$21 BRC 521177
7/13 Sa 10:30 – 11:45 am $17/$21 BRC 521187
7/17 W 6:30 – 7:45 pm $17/$21 GRC 543867
7/18 Th 6:30 – 7:45 pm $17/$21 BRC 521167
7/23 Tu 10:45 am – 12 pm $17/$21 GRC 543857
8/8 Th 9:30 – 10:45 am $17/$21 BRC 521178
8/10 Sa 10:30 – 11:45 am $17/$21 BRC 521188
8/15 Th 6:30 – 7:45 pm $17/$21 BRC 521168
8/20 Tu 10:45 am – 12 pm $17/$21 GRC 543858
8/21 W 6:30 – 7:45 pm $17/$21 GRC 543868

ssprd.org
FITNESS

REFORMER CIRCUIT
Perform a fun, effective mix of exercises using a variety of equipment, including the Reformer, Springboard, TRX and more. The circuit-style class uses Pilates principles for a total body workout.

AGES 16+

6/1 - 6/22  Sa 8:30 - 9:25 am  $56 / $68  BRC  522566
6/3 - 6/24  M 9:30 - 10:25 am  $56 / $68  BRC  522556
6/6 - 6/27  Th 12 - 12:55 pm  $56 / $68  GRC  544366
7/1 - 7/22  M 9:30 - 10:25 am  $56 / $68  BRC  522557
7/6 - 7/27  Sa 8:30 - 9:25 am  $56 / $68  BRC  522567
7/11 - 7/25  Th 12 - 12:55 pm  $42 / $51  GRC  544367
8/1 - 8/22  Th 12 - 12:55 pm  $56 / $68  GRC  544368
8/3 - 8/31  Sa 8:30 - 9:25 am  $56 / $68  BRC  522568
8/5 - 8/26  M 9:30 - 10:25 am  $42 / $51  BRC  522558

REFORMER STRETCH
The class focuses on enhancing overall flexibility and range of motion, as well as improving posture and nourishing the spine through controlled movements. Participants use a Reformer, a traditional Pilates apparatus with a carriage that moves back and forth with springs to provide resistance and cords and pulleys to use as exercise tools.

AGES 16+

6/3 - 6/24  M 10:30 - 11:15 am  $44 / $56  BRC  521706
6/6 - 6/27  Th 5:30 - 6:25 pm  $44 / $56  BRC  521096
7/1 - 7/22  M 10:30 - 11:15 am  $44 / $56  BRC  521077
7/11 - 7/25  Th 5:30 - 6:25 pm  $33 / $42  BRC  521097
8/1 - 8/29  Th 5:30 - 6:25 pm  $44 / $56  BRC  521098
8/5 - 8/26  M 10:30 - 11:15 am  $33 / $42  BRC  521708

REFORMER FIT
This small group class will focus on creating long lean muscles, improving posture and nourishing the spine through controlled movements. The Reformer is a traditional Pilates apparatus consisting of a carriage that moves back and forth with springs to provide resistance. The class may also include small props like small weighted balls, flex rings and more. Time flies with endless exercise possibilities and fun.

AGES 16+

6/1 - 6/22  Sa 9:30 - 10:25 am  $56 / $68  BRC  521116
6/3 - 6/24  M 11:30 am - 12:25 pm  $56 / $68  BRC  521046
6/3 - 6/24  M 8:30 - 9:25 am  $56 / $68  BRC  521066
6/6 - 6/24  M 6:30 - 7:25 pm  $56 / $68  BRC  521076
6/4 - 6/25  Tu 5:30 - 6:25 pm  $56 / $68  BRC  521076
6/4 - 6/25  Tu 8:30 - 9:25 am  $56 / $68  GRC  543616
6/5 - 6/26  W 6:30 - 7:25 pm  $56 / $68  BRC  521026
6/5 - 6/26  W 11:30 am - 12:25 pm  $56 / $68  BRC  521086
6/5 - 6/26  W 5:30 - 6:25 pm  $56 / $68  GRC  543646
6/5 - 6/26  W 11:30 am - 12:25 pm  $56 / $68  GRC  543676
6/6 - 6/27  Th 8:30 - 9:25 am  $56 / $68  BRC  521136
6/6 - 6/20  Th 1:15 - 2:10 pm  $42 / $51  GRC  543706
6/7 - 6/28  F 11:30 am - 12:25 pm  $56 / $68  GRC  543666
6/7 - 6/28  F 12:30 - 1:25 pm  $56 / $68  GRC  543996
7/1 - 7/22  M 11:30 am - 12:25 pm  $56 / $68  BRC  521047
7/1 - 7/22  M 8:30 - 9:25 am  $56 / $68  BRC  521067
7/1 - 7/22  M 6:30 - 7:25 pm  $56 / $68  GRC  543607
7/2 - 7/23  Tu 5:30 - 6:25 pm  $56 / $68  BRC  521077
7/2 - 7/23  Tu 8:30 - 9:25 am  $56 / $68  GRC  543617
7/3 - 7/24  W 6:30 - 7:25 pm  $56 / $68  BRC  521027
7/3 - 7/24  W 11:30 am - 12:25 pm  $56 / $68  BRC  521087
7/3 - 7/24  W 5:30 - 6:25 pm  $56 / $68  GRC  543647
7/3 - 7/24  W 11:30 am - 12:25 pm  $56 / $68  GRC  543677
7/6 - 7/27  Sa 9:30 - 10:25 am  $56 / $68  BRC  521117
7/11 - 7/25  Th 8:30 - 9:25 am  $42 / $51  BRC  521137
7/11 - 7/25  Th 1:15 - 2:10 pm  $42 / $51  BRC  521137
7/12 - 7/26  F 11:30 am - 12:25 pm  $42 / $51  GRC  543677
7/12 - 7/26  F 12:30 - 1:25 pm  $42 / $51  GRC  543997
8/1 - 8/29  Th 8:30 - 9:25 am  $56 / $68  BRC  521138
8/1 - 8/22  Th 1:15 - 2:10 pm  $56 / $68  GRC  543708
8/2 - 8/23  F 11:30 am - 12:25 pm  $56 / $68  GRC  543668
8/2 - 8/23  F 12:30 - 1:25 pm  $56 / $68  GRC  543998
8/3 - 8/31  Sa 9:30 - 10:25 am  $56 / $68  BRC  521118
8/5 - 8/26  M 11:30 am - 12:25 pm  $42 / $51  BRC  521048
8/5 - 8/26  M 8:30 - 9:25 am  $42 / $51  BRC  521068
8/5 - 8/19  M 6:30 - 7:25 pm  $42 / $51  GRC  543608
8/6 - 8/27  Tu 5:30 - 6:25 pm  $42 / $51  BRC  521078
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8/7 - 8/28  W 6:30 - 7:25 pm  $56 / $68  BRC  521028
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8/7 - 8/21  W 5:30 - 6:25 pm  $42 / $51  GRC  543648
8/7 - 8/21  W 11:30 am - 12:25 pm  $42 / $51  GRC  543678
**SILVER SNEAKERS**

### SILVER SNEAKERS AND SILVER & FIT ORIENTATIONS

General overview of the SilverSneakers® program and facility tour is offered at various locations each month. All SilverSneakers members are welcome. Advanced registration is required.

**AGES 18+**

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<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
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### SILVER SNEAKERS CLASSES

A variety of SilverSneakers classes are offered at each of our recreation centers to help you meet your health and wellness goals. Classes are open to all recreation center users with daily admission, regardless of SilverSneakers membership.

#### SilverSneakers® Class Schedule

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#### SILVERSNEAKERS CIRCUIT

The SilverSneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants.

#### SILVERSNEAKERS CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for seated exercises and standing support. This class can be adapted by the student depending on their fitness level and abilities. It is suitable for beginning to intermediate skill levels.

#### SILVERSNEAKERS YOGA

Safely move your whole body through a complete series of seated and standing yoga poses designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

### SPECIALTY CLASSES

#### MINDFULNESS, MINDSET, MEDITATION

Do you want to feel better? Do you want to experience more positivity in daily life? This class is for you! During this 4 week class you will learn how to quickly shift your mindset and practice mindfulness allowing you to decrease stress and increase a sense of wellbeing. You will walk away with easy tools you can immediately start using. Step into living your best life! All are welcome. Wear loose and comfortable clothing. Bring yoga mat if you have one, notebook and pen.

**AGES 18+**

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#### REDUCING STRESS WITH YOGA NIDRA & GUIDED MEDITATION

In today’s society, we are often going and going and don’t allow ourselves time to rest. The result? We feel stressed, exhausted, anxious and depressed to the point that we often end up thinking this is normal. We are more stressed than ever which leads to an increase in health conditions. Join Mindy Couture as she guides you through gentle movement and into Yoga Nidra (completely guided meditation). Allow yourself time to rest, time to recharge, time to gain clarity and experience more balance in your life.

**AGES 18+**

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#### WEIGH AND WIN

A free community program that pays you to achieve a healthy weight! Get daily personalized coaching and cash for your success. Enroll at the kiosk location at Goodson and Buck recreation centers. Visit WeighandWin.com for more details.
TAI CHI

BEGINNER’S TAI CHI
Relieve stress, improve balance and promote physical and mental well-being in this introductory Tai Chi class. No class 8/6 & 8/8.

AGES 18+
7/9 - 8/29 Tu Th 12 – 1 pm $67 / $77 LTRC 561247

CONTINUING TAI CHI
Ideal for those who have completed 1 to 2 sessions of Tai Chi and are looking to continue their Tai Chi practice.

AGES 18+
6/4 - 6/27 Tu Th 12 – 1 pm $38 / $44 LTRC 561276

TAI CHI LEVEL 1
Balance the body’s energy flow promoting general health, spiritual harmony, relaxation and stress reduction.

AGES 16+
6/5 - 6/26 W 10 – 11 am $28 / $32 BRC 521206
7/3 – 7/24 W 10 – 11 am $28 / $32 BRC 521207
8/7 – 8/28 W 10 – 11 am $21 / $24 BRC 521208

TAI CHI LEVEL 2
Take tai chi to the next level in this 12 week class. Expand your learning of the Yang style 24 tai chi form.

AGES 16+
7/3 – 9/25 W 9 – 10 am $80 / $85 BRC 521807

YOGA

YOGA FOR OLDER ADULTS
Improve health, flexibility, stamina and increase range of motion for daily living activities. Senior rates; drop-in available.

AGES 18+
6/3 – 6/24 M 10:35 – 11:45 am $41 / $49 GRC 540686
7/8 – 7/29 M 10:35 – 11:45 am $41 / $49 GRC 540687
8/5 – 8/19 M 10:35 – 11:45 am $41 / $49 GRC 540688

YOGA WITH SUZANNE
Increase energy, gain flexibility and improve your overall physical shape in a class that focuses on good health and stress management. All levels welcome. No class 8/20. Drop-in available: $15R/$18NR

AGES 10+
6/1 – 6/22 Sa 8:30 – 10 am $41 / $49 GRC 540806
6/3 – 6/24 M 9 – 10:25 am $41 / $49 GRC 540566
6/4 – 6/25 Tu 5:30 – 7 pm $41 / $49 BRC 521416
6/5 – 6/19 W 9 – 10:25 am $41 / $49 GRC 540656
7/8 – 7/29 M 9 – 10:25 am $41 / $49 GRC 540567
7/9 – 7/30 Tu 5:30 – 7 pm $41 / $49 BRC 521417
7/10 – 7/31 W 9 – 10:25 am $41 / $49 GRC 540657
7/16 – 7/27 Sa 8:30 – 10 am $41 / $49 GRC 540807
8/3 – 8/24 Sa 8:30 – 10 am $41 / $49 GRC 540808
8/5 – 8/19 M 9 – 10:25 am $41 / $49 GRC 540568
8/6 – 8/27 Tu 5:30 – 7 pm $41 / $49 BRC 521418
8/7 – 8/21 W 9 – 10:25 am $41 / $49 GRC 540658

SPA SERVICES

FACIALS
Services provided by a licensed esthetician with expertise in natural skin care products and aromatherapy. Facials include skin evaluation, exfoliation, extractions and facial massage. $55R/$60NR (1 hr) Call 303.570.2347 Services available at the Buck Recreation Center.

THERAPEUTIC MASSAGE
One of the best deals for massage in the south metro area. Therapeutic massage services provided by licensed therapists trained in a variety of modalities including Swedish, sports, reflexology, deep tissue, neuromuscular, prenatal and more. Schedule appointments by calling 303.483.7080. Goodson only. One hour: $57R/$67NR 30 min: $35R/$43NR

South Suburban Parks and Recreation Summer 2019
CLASSES AND CAMPS

FAMILY SPORTS CENTER ADVANCED PLAYING CAMPS FOR JUNIORS

Includes 2 1/2 hours of golf instruction, plus 30-minute lunch, and 2 hours of on course play with instruction. Full swing (take-home video analysis included) and the short game will be covered. All participants are automatically invited to play in the Fall Playing League starting Sept 8. Sign-ups limited to the first 20 players each week.

AGES 8-17

<table>
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FAMILY SPORTS CENTER LEARN TO PLAY GOLF - YOUTH GOLF SCHOOLS

Pee-Wees’ - ages 4-6
Golf instruction focused on full swing and short game. Students learn basic etiquette, safety, and fundamentals. Clubs provided as needed.

*Mulligan Level (Beginner)
Classes include basic fundamentals: full swing, putting, chipping, pitching, and etiquette in a safe and casual environment. Class is designed to graduate to Q-School Level. 8:1 student to teacher ratio. Clubs provided as needed.

**Q-School Level (Intermediate)
Classes offer review of Mulligan level basics, intense short game focus, bunker play, etiquette, and scoring. Games, sportsmanship and teamwork are a focal point. 6:1 student to teacher ratio. Clubs provided as needed.

AGES 4-6

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AGES 7-15

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AGES 7-17

JUNIOR GOLF CAMPS

Golf camp focuses on the full swing and short game. Students learn basic etiquette, safety, and golf fundamentals.

AGES 7-9

<table>
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AGES 7-17

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AGES 10-17

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NEW PASS FOR JUNIORS AVAILABLE AT FAMILY SPORTS

Available for golfers ages 17 and younger. Provides unlimited golf for 12 months from the date of purchase with no restrictions. Plus, you’ll receive discounted range balls, online tee times 7 days in advance and membership ID cards. Limited to first 50 juniors. Call 303.649.1115 to purchase.

Resident: $350; Nonresident: $375
**FAMILY SPORTS GOLF COURSE**

Family Sports driving range is a 30-station, two tiered, covered, and lighted facility. Open daily, until 9 pm throughout the year, 11 pm during the spring & summer.

Family Sports Golf Course features the metro’s only heated and lighted double deck driving range, open year-round, late at night! Golfer enjoy infrared heaters while hitting range balls on cold days or nights. Adjacent to the driving range is an award-winning short game practice area featuring two large practice greens, two bunkers and the ability to hit up to 75 yard-long pitch shots.

The 9-hole, par-31, executive golf course is perfect for those short on time, or those wanting to practice their short game. In addition to South Suburban’s PGA teaching staff, GolfTEC provides individual outdoor lessons to every level of player, from beginner to the serious, competitive golfer, onsite at Family Sports Golf Range.

At the Avalanche Grill, catch your favorite sports on the big screen TV, watch the Colorado Avalanche practice on the ice below, or dine on the covered patio, which overlooks Family Sports Golf Course.

**Range Card Program**

The popular $100 Range Card is available and you receive an additional $55 worth of balls free! Purchase the Ultimate Range Card and receive an additional $225 worth of balls free. Also available is the $20 Range Card which includes $10 worth of balls free. Call golf shop 303.649.1115 for seasonal specials.

- Small bucket $5 for 42 balls
- Medium bucket $10 for 84 balls
- Large bucket $15 for 168 balls

**Golf & Hockey Pro Shop**

Our certified professional staff will guide you through your purchase to ensure you have the right equipment for your game. Family Sports enjoys a very low tax rate. We will also assist you in any warranty related issue.

**LITTLETON GOLF COURSE**

Littleton Golf Course is a well-maintained, Par 63, 18-hole executive golf course.

Tee times can be made by visiting ssprd.org/TeeTime/ or call the pro shop at 303.794.5838, option # 5.

- The grass driving range at Littleton Golf Course has a water targets and is open year-round.
- Littleton Golf Course will be hitting on the mats Mondays and Tuesdays. (On Mondays, the driving range closes at 5:30 pm)
- Littleton Golf Course will be hitting on the grass on Wed., Thu., Fri., Sat., Sun.
- Small Bucket $5 (35 Balls)
- Medium Bucket $8 (65 Balls)
- Large Bucket $11 (100 Balls)

**LONE TREE GOLF CLUB & HOTEL**

The 18-hole, Arnold Palmer-designed par-72 championship course features rolling fairways and greens and offers player’s incredible views of Denver and the Front Range. With five sets of tees, players can choose tee boxes to match their handicap. Lone Tree offers great practice facilities with a grass tee driving range, large putting green and a short game area consisting of two chipping greens and two sand bunkers and one grass bunker.

After your round, enjoy lunch or dinner on the outdoor patio, or at The Lone Tree Grill, inside the clubhouse.

**SOUTH SUBURBAN GOLF COURSE**

Play a round against a picturesque mountain backdrop at this regional favorite, public golf course. Take your time playing through our full 18-hole regulation course, or get in a quick round on the 9-hole par 3. With a relaxed atmosphere, the South Suburban Golf Course is designed for both avid golfers and beginners.

South Suburban Golf Course is proud to offer private, semi-private, and group lessons for players of all abilities and desires in improving their golf game. All our instructors are PGA of America members or apprentices, LPGA of America members, or have had more than five years personal experience in providing golf lessons.

**LEAGUES**

**FAMILY SPORTS CENTER JUNIOR GOLF PLAYING LEAGUE**

A series of tournaments for juniors. Weekly play on Mondays. Choose at least a minimum of four weekly tournament series. On-course supervision provided. Cost includes green fees, small bucket of range balls, lunch and tournament prizes. Maximum 100 participants.

**AGES 8-15**

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JUNIOR GOLF PLAYING SERIES
Designed for the advanced player looking for additional opportunities to play at the Lone Tree Golf Course & Hotel. Players should be able to carry their own golf clubs and keep pace with the group in front of them.

AGES 7-17
6/12  W 7 – 8:10 am  $24 / $26  LTGC 586716
6/19  W 7 – 8:10 am  $24 / $26  LTGC 586726
7/3   W 7 – 8:10 am  $24 / $26  LTGC 586747
7/10  W 7 – 8:10 am  $24 / $26  LTGC 586757
7/17  W 7 – 8:10 am  $24 / $26  LTGC 586767
7/24  W 7 – 8:10 am  $24 / $26  LTGC 586777

LITTLETON JUNIOR PLAYING LEAGUE
Open to all players who wish to play in a friendly competitive manner. Designed for the advanced player. Players should be able to carry their own clubs and keep pace with the group in front of them. Fee includes greens fees, range balls, lunch following play, weekly prizes (golf shop credits) and trophies. All participants must pass a rules and etiquette test before they are eligible to win league credit. Visit or call the pro shop to inquire about the 9-Hole League.

AGES 10-17
6/11  Tu  11 am – 3 pm  $30 / $35  LITT 590126
6/18  Tu  11 am – 3 pm  $30 / $35  LITT 590136
6/25  Tu  11 am – 3 pm  $30 / $35  LITT 590146
7/2   Tu  11 am – 3 pm  $30 / $35  LITT 590117
7/9   Tu  11 am – 3 pm  $30 / $35  LITT 590127
7/16  Tu  11 am – 3 pm  $30 / $35  LITT 590137
7/23  Tu  11 am – 3 pm  $30 / $35  LITT 590147
7/30  Tu  11 am – 3 pm  $30 / $35  LITT 590157

SOUTH SUBURBAN CHAMPIONSHIP JUNIOR PLAYING SERIES
Learn to play golf in a friendly, competitive manner. Designed for the advanced player. Players should be able to carry their own clubs and keep pace with the group in front of them. Must choose a minimum of 4 weeks of play to compete in Championship. Class includes: greens fees range balls lunch on course supervision weekly prizes (golf shop credit).

AGES 7-17
6/13  Th  1 – 2 pm  $27 / $27  SSGC 610816
6/20  Th  1 – 2 pm  $27 / $27  SSGC 610826
6/27  Th  1 – 2 pm  $27 / $27  SSGC 610836
7/4   Th  1 – 2 pm  $27 / $27  SSGC 610847
7/11  Th  1 – 2 pm  $27 / $27  SSGC 610857
7/18  Th  1 – 2 pm  $27 / $27  SSGC 610867
7/25  Th  1 – 2 pm  $27 / $27  SSGC 610877

SOUTH SUBURBAN PAR 3 JUNIOR PLAYING SERIES
Learn to play golf in a friendly competitive manner in a class designed for beginner to intermediate players. Players should be able to carry their own clubs and keep pace with the group in front of them. Each week has different formats for play. Mondays are for beginners and Wednesdays are for intermediate players.

AGES 7-17
6/10  M 8 – 11 am  $17 / $17  SSGC 610316
6/12  M 8 – 11 am  $17 / $17  SSGC 610716
6/17  M 8 – 11 am  $17 / $17  SSGC 610326
6/19  W 8 – 11 am  $17 / $17  SSGC 610726
6/24  W 8 – 11 am  $17 / $17  SSGC 610336
6/26  W 8 – 11 am  $17 / $17  SSGC 610736
7/1   M 8 – 11 am  $17 / $17  SSGC 610347
7/3   W 8 – 11 am  $17 / $17  SSGC 610747
7/8   W 8 – 11 am  $17 / $17  SSGC 610357
7/10  W 8 – 11 am  $17 / $17  SSGC 610757
7/15  M 8 – 11 am  $17 / $17  SSGC 610367
7/17  W 8 – 11 am  $17 / $17  SSGC 610767
7/22  M 8 – 11 am  $17 / $17  SSGC 610377
7/24  W 8 – 11 am  $17 / $17  SSGC 610777

LITTLETON GOLF COURSE NITE GOLF
Come out and join in the fun of Nite Golf and glow in the dark adventure. No lights on the course, instead we use special glow-in-the-dark balls and markers for the tees, fairways and flagsticks used. Re-usable glow-in-the-dark balls and replacement glow sticks are available in the pro shop. Shot-gon start at 8:30 pm or dark. Nite Golf will be played on the following evenings: June 28, July 26, and August 23. Reservations are necessary, and may be made up to two weeks in advance. Call the golf shop at 303.794.5838.

Walking Only, 9-Hole Greens Resident: $15; Nonresident: $18.25

LESSONS

FAMILY SPORTS CENTER LADIES ONLY GOLF SCHOOL
Four, one-hour sessions which cover the full swing and short game areas. 4:1 student to teacher ratio.

AGES 18+
6/1 – 6/22  Sa  9 – 10 am  $140 / $150  FSCG 606956
6/3 – 6/24  M 5:30 – 6:30 pm  $140 / $150  FSCG 606946
6/6 – 7/27  Sa  9 – 10 am  $140 / $150  FSCG 606957
7/8 – 7/29  M 5:30 – 6:30 pm  $140 / $150  FSCG 606947
8/17 – 9/14  Sa  9 – 10 am  $140 / $150  FSCG 606958
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**GET GOLF READY LEVEL II**

Get Golf Ready Level II is a next level class. This class will focus on short game skills, including pitching, chipping, putting, sand bunker play along with rules and etiquette.

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**GOLFTEC LESSONS**

GOLFTEC Centennial will providing individual lessons at the Family Sports Center. GOLFTEC gives lesson to every level of player, from beginner to serious competitive golfer. They’ll develop a customized plan to fit your game, your learning style and your goals. For more information visit golftec.com or contact a coach at 303.223.2341.
**LITTLETON GOLF - GAME IMPROVEMENT CLINICS**

Littleton Golf and Tennis Club is offering Game Improvement Clinics designed for intermediate and advanced golfers, ages 18 and older. Topics include putting, chipping/pitching, irons and driver. Students can register for single or multiple clinics. Clinics are one-hour in length. 8:1 student to teacher ratio.

### AGES 18+

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### LITTLETON YOUTH LEARN TO PLAY GOLF

Youth Learn to Play Golf classes offer basic instruction on stance, grip, swing, club selection, rules and etiquette.

#### AGES 7-9

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### LONE TREE GOLF CLINICS

These clinics are designed to focus on certain aspects of the game. You can choose and pick which areas you would like to concentrate on, whether it’s putting, chipping or the full swing. Also, we will offer a session where you and your kids can have fun and learn the game together. Parental attendance is required.

#### AGES 7+

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### SOUTH SUBURBAN YOUTH LEARN TO PLAY GOLF

Youth Learn to Play Golf classes offer basic instruction on stance, grip, swing, club selection, rules, and etiquette.

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ssprd.org
**START SMART GOLF LESSONS**

Before your child steps out on the green, sign up for this learn to play program. Fun activities will be played with specialized learning equipment while teaching participants the motor skills necessary to play golf. The parent-child will move through four stations: putting, chipping, pitching and full shot. Check website for additional offerings if space becomes available.

**AGES 4-8**

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<td>LTRC 300316</td>
</tr>
<tr>
<td>6/7 – 6/28</td>
<td>F</td>
<td>3 PM – 3:45 PM</td>
<td>$50 / $60</td>
<td>LTRC 300586</td>
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<tr>
<td>7/6 – 7/27</td>
<td>Sa</td>
<td>2 PM – 2:45 PM</td>
<td>$50 / $60</td>
<td>LTRC 300267</td>
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<td>1 PM – 1:45 PM</td>
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<td>LTRC 300677</td>
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<td>4:30 PM – 5:15 PM</td>
<td>$50 / $60</td>
<td>LTRC 300397</td>
</tr>
</tbody>
</table>

**ASTRONOMY**

**PERSEIDS METEOR SHOWER**

Join us for the big one! We’ll look for meteors while enjoying a relaxing evening outside after the park is closed! Refreshment included, bring a lawn chair or blanket.

**ALL AGES**

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<tbody>
<tr>
<td>8/12</td>
<td>M</td>
<td>8 AM – 12 PM</td>
<td>$8 / $10</td>
<td>SPP 670000</td>
</tr>
</tbody>
</table>

**CHILDREN’S NATURE**

**BUSY BEES**

Peek inside the hive to learn about the life of a honey bee. See if you can find the queen, worker, and drone as you watch live bees inside a glass hive. Live the life of a bee as we dress you up and have you perform the “bee chores” that all young bees do in their hives.

**AGES 4-5**

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<tbody>
<tr>
<td>8/5</td>
<td>M</td>
<td>9 AM – 11:30 AM</td>
<td>$9 / $12</td>
<td>SPP 674760</td>
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</tbody>
</table>

**ANIMAL DEFENDERS**

What are clues to stay safe around animals? Focus on how animals protect themselves.

**AGES 4-5**

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<th>Day</th>
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<th>Fee/Cost</th>
<th>Number</th>
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<tbody>
<tr>
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<td>M</td>
<td>9 AM – 11:30 AM</td>
<td>$9 / $12</td>
<td>SPP 674700</td>
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</table>

**TALKING ANIMALS**

Children discover how animals communicate by listening, imitating, and playing games while exploring on the trails.

**AGES 4-5**

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<th>Fee/Cost</th>
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<td>$12 / $15</td>
<td>SPP 674720</td>
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**BE A BEAVER**

We’ll investigating some of the beaver structures in the park then build our own. Come prepared for water, mud, and beaverish fun!

**AGES 5-8**

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<th>Fee/Cost</th>
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<tbody>
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<tr>
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<td>Th</td>
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<td>$9 / $12</td>
<td>SPP 677941</td>
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<tr>
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<td>Tu</td>
<td>1 PM – 3 PM</td>
<td>$9 / $12</td>
<td>SPP 677942</td>
</tr>
</tbody>
</table>

**INSECTS AND SPIDERS**

Catch different kinds of insects in special nets to examine their shapes, sizes, colors and more! Explore the world of insect life-cycles, body parts, needs and diversity.

**AGES 5-8**

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<tr>
<th>Date</th>
<th>Day</th>
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<th>Fee/Cost</th>
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<tbody>
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<td>Tu</td>
<td>9 AM – 11 AM</td>
<td>$9 / $12</td>
<td>SPP 677971</td>
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</table>

**NESTS AND EGGS**

Search for nests in the fields and thickets of South Platte Park. Build your own nest, learn about what’s inside eggs, and learn to recognize the wild nesters.

**AGES 5-8**

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<tr>
<th>Date</th>
<th>Day</th>
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<th>Fee/Cost</th>
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<tbody>
<tr>
<td>5/31</td>
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<td>9 AM – 10:30 AM</td>
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<td>SPP 677980</td>
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</tbody>
</table>
TRANSFORMERS
From nymph to dragonfly, tadpole to frog, meet nature's transformers while dipping in the pond. Find out how critters undergo amazing changes during their lives.

AGES 5–8
5/31 F 1 – 3 pm $12 / $15 SPP 677950
6/13 Th 1 – 3 pm $12 / $15 SPP 677951

ANIMAL DETECTIVES
Explore the park seeking animal clues, and solve the mystery of who passed by and why!

AGES 5–8
6/6 Th 9 – 11 am $9 / $12 SPP 677930
7/1 M 9 – 11 am $9 / $12 SPP 677931

CRAZY 'BOUT CRAWDADS
Wade the lakes searching for these amusing creatures, then catch them and return them to their homes.

AGES 5–8
6/11 Tu 1 – 3 pm $12 / $15 SPP 677900
7/11 Th 1 – 3 pm $12 / $15 SPP 677901
7/24 W 1 – 3 pm $12 / $15 SPP 677902
7/26 F 1 – 3 pm $12 / $15 SPP 677903
8/1 Th 1 – 3 pm $12 / $15 SPP 677904

DRAGONS AND DAMSELS
Explore the ponds and lakes with nets in hand for these voracious predators discovering the wonder of metallic blue dragonflies and damselflies.

AGES 5–8
7/10 W 1 – 3 pm $9 / $12 SPP 678030
8/2 F 1 – 3 pm $9 / $12 SPP 678031

FAIRYHOUSES AND FORTS
Venture into the woods to create unique, pint-sized lodging for a fairy, child or other creature. Natural “found” materials like milkweed pods become fairy hammocks and fallen branches become a lean-to in the busy hands of a child.

AGES 5–8
6/4 Tu 9 – 11 am $12 / $15 SPP 677910
6/6 Th 1 – 3 pm $12 / $15 SPP 677911
7/18 Th 9 – 11 am $9 / $12 SPP 677912

PRINCESS ADVENTURES
Who says princesses can’t get muddy? Join naturalists in nature exploration like pioneering women of Colorado. Princess dresses are welcome if you don’t mind getting them dirty.

AGES 5–8
5/30 Th 9 – 11 am $12 / $15 SPP 677990

GOLD PANNING THE SOUTH PLATTE RIVER
Pan for gold in the South Platte River just like they did during the Gold Rush and take home your bounty!

AGES 5–8
6/12 W 1 – 3 pm $12 / $15 SPP 677920
6/25 Tu 1 – 3 pm $12 / $15 SPP 677921
7/23 Tu 1 – 3 pm $12 / $15 SPP 677922

GEOCACHING FOR KIDS
Join the global high-tech treasure hunting craze of Geocaching! You’ll learn how to point GPS units or apps to caches in the park and wherever your travels take you!

AGES 9–13
6/14 F 9 am – 12 pm $15 / $19 SPP 678820
6/26 W 9 am – 12 pm $15 / $19 SPP 678821
7/9 Th 9 am – 12 pm $15 / $19 SPP 678822

NATURAL PHOTOGRAPHY FOR KIDS
Learn to take your camera off auto to get the photographs you want! You’ll also learn about composition, exposure, lighting and more as you adventure through South Platte Park.

AGES 9–14
8/6 Tu 8 – 11 am $15 / $19 SPP 678860

NATIVE AMERICAN LIFE SKILLS OF THE GREAT PLAINS
Learn how to set up and live in a full sized tipi. Build native furniture out of willow branches. Sew with an awl, sinew and leather. Practice fire skills with a bow drill. Learn the Ute and Cheyenne way of using bows and arrows.

AGES 9–13
5/31 F 9 am – 3 pm $49 / $59 SPP 678870
7/2 Tu 9 am – 3 pm $49 / $59 SPP 678871

PRIMITIVE SURVIVAL SKILLS
Know before you go and learn primitive skills for surviving in the wilderness! Make a fire with sticks, build a “wickiup” shelter, make rope from plants, use an atlatl to launch spears, create a gourd canteen, and much more.

AGES 9–13
5/29 W 9 am – 3 pm $49 / $59 SPP 678800
5/30 Th 9 am – 3 pm $49 / $59 SPP 678801
7/29 M 9 am – 3 pm $49 / $59 SPP 678802

FAMILY NATURE

SOLSTICE SUNSET WALK
Celebrate summer with a naturalist guide as we explore the park and learn about the influences of the summer solstice!

AGES 6+
6/20 Th 7:30 – 9 pm $8 / $12 SPP 670550

spsrd.org
**OUTDOOR RECREATION**

**FULL MOON WALK**
Challenge your senses as a naturalist guides you on an exciting, moonlight adventure through a riverside forest.

**AGES 6+**

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<tr>
<td>7/16</td>
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**HAWKQUEST NIGHT OUT**
Watch a trained hawk swoop past you. Get close-up views of live eagles, owls and falcons.

**ALL AGES**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<th>Code</th>
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<tbody>
<tr>
<td>8/13</td>
<td>Tu 6:30 – 8 pm</td>
<td>$5 / $5</td>
<td>670730</td>
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</table>

**GOLD PANNING THE SOUTH PLATTE**
Pan for gold in the South Platte River just like they did in the Colorado Gold Rush, and take home your bounty! This event is part of Littleton’s Western Welcome Week. Bring water shoes, bare feet not permitted.

**ALL AGES**

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<thead>
<tr>
<th>Date</th>
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<th>Fee</th>
<th>Code</th>
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<tbody>
<tr>
<td>8/10</td>
<td>Sa 9 am – 12 pm</td>
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<td>674400</td>
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**COOLEY LAKE NATURE WALKS**
Explore Cooley Lake wildlife area during a naturalist-guided walk. This area has limited public access to protect wildlife.

**ALL AGES**

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<tr>
<td>7/13</td>
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<td>670507</td>
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<tr>
<td>8/17</td>
<td>Sa 9:30 – 11 am</td>
<td>Free</td>
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**NATURE ART AND SKILLS**

**WHY PLANT NATIVES?**
Are you ready to dip your toes into the exciting world of native plants? Join us for an introduction to native Colorado plants, and how they can be functional, money-saving and beautiful additions to your home. And if you’re planning a major change, we’ll give you a good start down that road, too. Spring and fall plant sessions available, take both for a discount.

**AGES 18+**

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<td>Th 6:30 – 8 pm</td>
<td>$15 / $19</td>
<td>672412</td>
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</tbody>
</table>

**DO IT YOURSELF HOME LANDSCAPE WITH NATIVES**
Join a South Platte Park plant expert and learn how to plant your landscape for beauty and durability using native plants. You’ll learn about local flora and fauna, and take away general and specific instructions for your site.

**AGES 16+**

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<tr>
<td>6/2</td>
<td>Su 8:30 am – 2:30 pm</td>
<td>$25 / $29</td>
<td>672400</td>
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</table>

**NATURE TRIPS AND TOURS**

**AUTUMN IN THE ROCKY MOUNTAINS**
Join us for a canoeing, hiking and wildlife adventure on the west side of Rocky Mountain National Park. Trip includes a full afternoon and morning of canoeing on pristine snow fed lakes, plus a great hike on the east side of Grand Lake. We’ll go into RMNP for sunset wildlife viewing and a stop at the Holzwarth Historic Site. Transportation, lodging in Grand Lake, picnic lunches, continental breakfasts, all canoeing equipment and naturalist leadership included, with TWO staff members and a 1:6 leader to participant ratio on the water.

**AGES 18+**

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<th>Date</th>
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<tbody>
<tr>
<td>9/4-9/6</td>
<td>Wed-Fri 8 am - 6 pm</td>
<td>$519/$529</td>
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</table>

**SHERIDAN INSPIRE**
Sheridan Inspire is a Great Outdoors Colorado Generation Wild Community. Discounted rates are available to residents of the City of Sheridan or families with students enrolled in Sheridan School District only. Anyone may participate in these programs at the full resident or nonresident rates.

**INSECTS AND SPIDERS, SHERIDAN**
Catch different kinds of insects in special nets to examine their shapes, sizes, colors and more! Explore the world of insect life-cycles, body parts, needs and diversity

**AGES 5-9**

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<thead>
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<th>Date</th>
<th>Time</th>
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<tr>
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<td>6/7</td>
<td>F 10 am - 12 pm</td>
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**NESTS AND EGGS, SHERIDAN**
Search for nests in fields and thickets. Build your own nest, learn about what’s inside eggs, and learn to recognize the wild nesters.

**AGES 5-9**

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<tr>
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<td>6/6</td>
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<td>7/3</td>
<td>W 9-11 am</td>
<td>$1 / $1</td>
<td>679421</td>
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**FAIRYHOUSES AND FORTS, SHERIDAN**
Create unique, pint-sized lodging for a fairy, child or other creature. Natural found materials like milkweed pods become fairy hammocks and fallen branches become a lean-to in the busy hands of a child.

**AGES 5-9**

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<td>6/4</td>
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<td>$1 / $1</td>
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**CREEPY CRITTERS, SHERIDAN**
Examine the fascinating habits of frogs, toads, salamanders, snakes, turtles and lizards. Lots of live specimens and hands-on activities.

**AGES 5-9**

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<tr>
<td>7/2</td>
<td>Tu 9-11 am</td>
<td>$1 / $1</td>
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</table>
BUSY LIKE A BEE, SHERIDAN
Observe bees in an enclosed hive. Kids learn about bee society and try out life as a hive or field bee as they explore this insect’s life cycle. Through mini experiments and games they will discover adaptations and communication techniques.
AGES 4-5
7/1 M 9-11 am $1 / $1 SRC 679460

FAMILY CANOE TRIPS, SHERIDAN
Explore a nearby lake’s shoreline, moving silently past herons, ducks, and beavers as the sun illuminates the surrounding land. Meet at Sheridan Recreation Center and transport is provided to South Platte Park’s Cooley Lake.
AGES 7+
6/8 Sa 8:11:30 am $3 / $3 SRC 679480
6/22 Sa 8:11:30 am $3 / $3 SRC 679481
7/20 Sa 8:11:30 am $3 / $3 SRC 679482
8/17 Sa 8:11:30 am $3 / $3 SRC 679483

JUNIOR RANGERS, SHERIDAN
A true nature adventure! Explore ecosystems, have hands-on opportunities with wildlife, experience a night hike, games and much more.
AGES 10-12
6/24-6/28 M-Th 8:30 am-4:30 pm Th 7-10 pm $6 / $6 SRC 679500

ZOMBIE SURVIVAL CAMP, SHERIDAN
Can you survive a zombie apocalypse? Learn primitive survival skills such as shelter-building, obtaining food, avoiding dangers and finding resources before the apocalypse arrives. Camp occurs at South Platte Park the last two days. Transportation included.
AGES 9-12
6/8-7/12 M-F 9 am-12 pm $20 / $20 SRC 679510

FAMILY CAMPFIRES, SHERIDAN
Enjoy classic fireside fun and thematic snacks, right in the heart of Sheridan. Drop on in! No registration required.
ALL AGES
5/11 Sa 5-8 pm Free SRC
7/20 Sa 5-8 pm Free SRC

SOLSTICE SUNSET WALK, SHERIDAN
Celebrate summer with a naturalist guide as we explore the area and learn about the influences of the summer solstice!
ALL AGES
6/21 F 7-9 pm Free SRC 679525

GEOCACHING, SHERIDAN
You are surrounded by hundreds of geocaches - have you found one yet? Join us to learn how to point GPS units or apps to caches in the park and wherever your travels take you. Also learn about ethics, trackables, how to create your own cache and why geocaching is a global craze.
ALL AGES
7/17 W 6-8 pm $1 / $1 SRC 679561

PEDAL TO THE CREEK, SHERIDAN
Join South Platte Park and Lucky Bikes for a guided bike ride from Sheridan Recreation Center to the South Platte River and ”Hat Park” on Bear Creek to be followed by wading in the water to see what creatures live there. Bikes will be provided, wear secure shoes that can get wet and muddy (no crocs or flipflops that will float away!).
ALL AGES
7/14 W 5:30-7:30 pm $3 / $3 SRC 679550

LIVE ANIMAL ENCOUNTER, SHERIDAN
Examine the fascinating habits of frogs, toads, snakes, turtles and crayfish with live animals you can touch and observe!
AGES 4-10
6/5 W 9-11 am $1/$1 SRC 679570

CREATURES OF THE NIGHT, SHERIDAN
This after hours look at nature includes a night hike watching for bats, owls, and beaver. Also enjoy night games and intriguing night vision tricks.
AGES 9-13
6/12 W 8-10 pm $1/$1 SRC 679440

CERTIFIED INTERPRETIVE GUIDE, SHERIDAN
Earn a nationally-recognized certification required for many jobs in parks and museums. Practice skills in communication, resource interpretation, research and more. Fee includes materials, membership, certification and coaching. Please contact 303-730-1022x11 if you need assistance deciding what package is right for you. Required sessions include Nov 9, 25, 26, 27, 30 from 8:30 - 3:30. Optional sessions include literature review Nov 23, and one-on-one coaching, Nov 29.
AGES 16-24
11/9-11/30 M-Sa Free SRC 679600

WILDLIFE WATCHING

GRAND OLE OSPREY
Hike with a naturalist to view South Platte Park’s celebrity osprey couple as they hunt and tend to their nest.
AGES 6+
6/15 Sa 8-9:30 am $10 / $12 SPP 675940

OWLS OF THE WORLD
Get up close and personal with live owls from six different continents. You’ll also see the tools used by owls worldwide and their importance to global ecosystems. Indoor program, bring a camera!
AGES 6+
7/27 Sa 10 - 11:15 am $10 / $15 SPP 676230
**SUNSET CANOEING**

Explore Cooley Lake's shoreline, moving silently past herons, ducks and beavers as the sun slips behind the mountains.

**AGES 8+**

- 7/19  F  6:30 – 9 pm  $19 / $25  SPP  676152
- 8/16  F  6 – 8:30 pm  $19 / $25  SPP  676153

**BACKCOUNTRY BIRDING HAYRIDE**

Join us for an exclusive birding hayride and hike into the Highlands Ranch Backcountry Wilderness Area. We’ll explore unique habitat and spot the birds that call it home. Transportation included!

**AGES 12+**

- 5/22  W  5:30 – 8 pm  $15 / $19  SPP  676210

**FIRST WEDNESDAY BIRDING**

Join a naturalist and other birdwatchers on an easy, social hike to learn more about the birds of the seasons and how to identify them. We'll create a new bird list each session. Bring your favorite coffee and binoculars! All levels welcome.

**AGES 18+**

- 6/5  W  8 – 9:30 am  $5 / $5  SPP  676076
- 8/7  W  8 – 9:30 am  $5 / $5  SPP  676078

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**BIKE REPAIR**

**HANDS ON BIKE REPAIR**

Get ready to ride with this hands-on beginner level class for adults and families, youth ages 10-15 welcome when registering with a parent. Bring your bike and learn how to repair flats, lube your bike, and adjust brakes and gears. Riding safety and etiquette will also be discussed.

**AGES 16+**

- 6/17  M  6:30 – 8:30 pm  $19 / $24  SPP  681006
- 7/13  Sa  10:30 am – 12:30 pm  $19 / $24  SPP  681007
- 8/4  Su  1:30 – 3:30 pm  $19 / $24  SPP  681008

**HIKES**

**ADULT NATURE HIKES**

Bring a thirst for adventure, get outdoors and hike 3-6 miles round trip with a naturalist. Hikes include transportation.

**AGES 18+**

- 5/23  Th  8 am – 4:30 pm  $21 / $25  680145
- 6/12  W  8 am – 4:30 pm  $21 / $25  680126
- 6/19  W  8 am – 4:30 pm  $21 / $25  680136
- 6/26  W  8 am – 4:30 pm  $21 / $25  680146
- 7/10  W  8 am – 4:30 pm  $21 / $25  680127
- 7/24  W  8 am – 4:30 pm  $21 / $25  680147
- 8/7  W  8 am – 4:30 pm  $21 / $25  680118
- 8/28  W  8 am – 4:30 pm  $21 / $25  680138

**BIGGER ADULT NATURE HIKES WITH PHIL**

For those in good shape, try these 7-10 mile round trip hikes with high elevation gains.

**AGES 18+**

- 7/17  W  7:30 am – 5 pm  $25 / $29  680337
- 8/14  W  7:30 am – 5 pm  $25 / $29  680328

**HORSEBACK RIDING**

**BEGINNING YOUTH HORSEMANSHIP**

Bareback riding, grooming, saddling, bridling and introduction of rein use are in this safety focused class for beginner Western horsemen.

**AGES 8-14**

- 5/28 - 5/31  Tu W Th F  12 – 2:30 pm  $189 / $199  686054
- 6/3 - 6/7  M-F  9 – 11 am  $189 / $199  686061
- 6/10 - 6/14  M-F  1 – 3 pm  $189 / $199  686062
- 6/17 - 6/21  M-F  11 am – 1 pm  $189 / $199  686063
- 7/1 - 7/5  MTuWF  11:30 am – 2 pm  $189 / $199  686071
- 7/22 - 7/26  M-F  9 – 11 am  $189 / $199  686073
### ENGLISH HORSEMANSHIP RIDING CAMP

Have fun and learn English riding along with general equestrian lessons. No previous experience necessary. Camp is held in Parker M-Th: 9 am-3 pm, F: 9 am -12 pm. You can add an optional Friday afternoon until 3 pm for an additional $30.

**AGES 5–12**

<table>
<thead>
<tr>
<th>Dates</th>
<th>Times</th>
<th>Fee</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/3 – 6/7</td>
<td>M-F 9 am - 3 pm</td>
<td>$490 / $499</td>
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<td>7/8 – 7/12</td>
<td>M-F 9 am - 3 pm</td>
<td>$490 / $499</td>
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<td>7/15 – 7/19</td>
<td>M-F 9 am - 3 pm</td>
<td>$490 / $499</td>
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<tr>
<td>7/22 – 7/26</td>
<td>M-F 9 am - 3 pm</td>
<td>$490 / $499</td>
<td>680947</td>
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</table>

### WATER SPORTS

### ADULT BEGINNING SAILING

Experience the exhilaration of sailing on Cherry Creek Reservoir even if you have never sailed before. Designed for beginners or as a refresher, this class will cover the fundamentals of sailing with emphasis on basics and feeling comfortable on the water. Instruction, sailboat and safety equipment are included. Purchase a 4-class punch card to use for any 4 Beginning Sailing Classes 5-8pm Monday evenings from May through September at Cherry Creek Reservoir. Discount for early registrations!

**AGES 18+**

<table>
<thead>
<tr>
<th>Dates</th>
<th>Times</th>
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<tr>
<td>5/29 – 9/30</td>
<td>M 5 – 8 pm</td>
<td>$275/$285</td>
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</tbody>
</table>

### COMBO STAND UP PADDLEBOARD AND SAILING CAMP

Learn to harness the power of the wind and board! This is a great camp for those looking to experience the thrill of sailing hands-on. Find your balance on the water through Stand Up Paddle Boarding, experience sailing on multiple types of boats through adventure games and challenges. Experience the water with a paddle and sail. Class at Cherry Creek Reservoir.

**AGES 8-17**

<table>
<thead>
<tr>
<th>Dates</th>
<th>Times</th>
<th>Fee</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/10 – 6/14</td>
<td>M-F 9 am - 3:30 pm</td>
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<td>6/24 – 6/28</td>
<td>M-F 9 am - 3:30 pm</td>
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<td>M-F 9 am - 3:30 pm</td>
<td>$445 / $455</td>
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</tr>
<tr>
<td>7/22 – 7/25</td>
<td>M-Th 9 am - 3:30 pm</td>
<td>$360 / $369</td>
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<tr>
<td>8/5 – 8/9</td>
<td>M-F 9 am - 3:30 pm</td>
<td>$445 / $455</td>
<td>682981</td>
</tr>
</tbody>
</table>

### KIDDIE CORRAL 1

Ride and learn about horse behavior, grooming and feeding in this safety focused program.

**AGES 5-7**

<table>
<thead>
<tr>
<th>Dates</th>
<th>Times</th>
<th>Fee</th>
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<tr>
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<td>$89/999</td>
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<td>5/28 – 5/31</td>
<td>Tu/W/Th 9-10 am</td>
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<tr>
<td>6/10 – 6/13</td>
<td>M-Th 11:30am-12:30pm</td>
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<td>6/24 – 6/27</td>
<td>M-Th 1:30-2:30pm</td>
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<tr>
<td>7/8 – 7/11</td>
<td>M-Th 9-10am</td>
<td>$89/999</td>
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<tr>
<td>7/15 – 7/18</td>
<td>M-Th 11:30am-12:30pm</td>
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<td>8/19 – 8/22</td>
<td>M-Th 5-6pm</td>
<td>$89/999</td>
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</table>

### KIDDIE CORRAL 2

Kiddie Corral graduates continue to gain new skills such as grooming, saddling, bridle and reins use.

**AGES 5-7**

<table>
<thead>
<tr>
<th>Dates</th>
<th>Times</th>
<th>Fee</th>
<th>Contact</th>
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### LITTLE PUFFS SAILING CAMP

Fun, safety and close supervision are the focuses in an introductory camp to water and boating safety for children ages 5-7. Spaces fill quickly!

**AGES 5-7**

<table>
<thead>
<tr>
<th>Dates</th>
<th>Times</th>
<th>Fee</th>
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<td>$445 / $455</td>
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</tbody>
</table>

### WET & WILD WATERSPORTS CAMP

The week long Wet and Wild Watersports Camps introduces campers to Sailing, Stand up Paddling (SUP) and Kayaking in the safe and controlled No Wake Zone of Chatfield Reservoir, with a highly qualified and certified instructor close by. No sailing or paddling experience is necessary.

**AGES 6-12**

<table>
<thead>
<tr>
<th>Dates</th>
<th>Times</th>
<th>Fee</th>
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<tr>
<td>7/29 – 8/2</td>
<td>M-F 9 am - 4 pm</td>
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</table>
**SPORTS**

**YOUTH LEARN-TO-SAIL CAMP**

Sail the first day of this week long class offering instruction for kids ages 8-17. Sailboats and all safety equipment are included.

**AGES 8–17**

- **6/3 – 6/7** M-F 9 am - 3:30 pm $445 / $455  682616
- **6/10 – 6/14** M-F 9 am - 3:30 pm $445 / $455  682662
- **6/17 – 6/21** M-F 9 am - 3:30 pm $445 / $455  682663
- **6/24 – 6/28** M-F 9 am - 3:30 pm $445 / $455  682664
- **7/1 – 7/3** M Tu W 9 am - 3:30 pm $285 / $295  682671
- **7/8 – 7/12** M-F 9 am - 3:30 pm $445 / $455  682672
- **7/15 – 7/19** M-F 9 am - 3:30 pm $445 / $455  682673
- **7/22 – 7/25** M-Th 9 am - 3:30 pm $360 / $370  682674
- **7/29 – 8/2** M-F 9 am - 3:30 pm $445 / $455  682675
- **8/5 – 8/9** M-F 9 am - 3:30 pm $445 / $455  682681

**FAMILY EVENTS**

**PARENTS NIGHT OUT**

Enjoy a night out while your kids are safe and entertained with a variety of activities. Children will rotate to various activities such as gymnastics, swimming, arts, games through out the night. Check the website for specific activities scheduled for the month you select. We will start the night with pizza and juice.

**AGES 5–12**

- **6/21** F 6 – 9 pm $20 / $25 GRC 620006
- **7/19** F 6 – 9 pm $20 / $25 GRC 620007
- **8/16** F 6 – 9 pm $20 / $25 GRC 620008

**THEATER SUMMER PARK TOUR - RUMPELSTILZKIN- FREE PERFORMANCES**

Enjoy the latest spin on the classic Grimm’s Fairy Tale; Rumpelstilzkin, the story of a poor Miller’s daughter who gets caught up in an unpleasant concoction of lies and greed. Only with the help of a mysterious little man can she attempt to overcome her unfortunate plight, but was he really helpful? Performances are free to the public! All shows start at 10am. Bring a child, a blanket or lawn chair and enjoy!

June 11 Puma Park
June 12 Sheridan Community Park
June 13 Medema Park
June 14 Sterne Park

**FOLK TALES FOR FUN - A YOUTH THEATER PRODUCTION**

South Suburban’s finest youth actors present “Folk Tales for Fun”. This exceptional children’s play will take you on a magnificent tour of Germany, Egypt, Turkey, Liberia and more with entertaining, universal folk tales both new and familiar to children. Bridge the gap between cultures by experiencing these six stories from around the world. Performance at Buck Theater Aug 9 at 7 pm. Plenty of free parking!

**AGES 5+**

- **8/9** F 7 – 8:30 pm Youth $4; Adult $7 BRC 396008

**FREE SUMMER BEATS CONCERT SERIES**

Free outdoor concerts at Prairie Sky Park. Summer Beats Concert Series is brought to you by Ridgegate, South Suburban Parks and Recreation and SCFD. Art activities for children starting at 5 pm. Live music in the park from 6-8 pm. Bring a blanket or chairs, and a picnic dinner or enjoy food purchased from food trucks. Free event for the whole family.

**ALL AGES**

- **6/20** Th 5 – 8 pm Michael Freidman Band
- **7/18** Th 5 – 8 pm Skean Dubh

**BASKETBALL**

**INSTITUTE BASKETBALL ACADEMY BEGINNER BASKETBALL SKILLS CAMP**

The Institute and South Suburban Parks and Recreation have teamed up again to offer two summer basketball camps! These basketball camps are for beginner players from Kindergarten - 5th grade boys and girls. The Institute’s professional coaching staff will focus on a variety of skills

**AGES 5-7**

- **6/10 – 6/14** M-F 1:30 – 2:30 pm $85 / $95 GRC 301816
- **7/30 – 8/1** Tu W Th 1:30 – 2:30 pm $65 / $75 GRC 301798

**AGES 7-9**

- **6/10 – 6/14** M-F 2:30 – 3:30 pm $85 / $95 GRC 301786
- **7/30 – 8/1** Tu W Th 2:30 – 3:30 pm $65 / $75 GRC 301787

**AGES 9-11**

- **7/30 – 8/1** Tu W Th 3:30 – 4:30 pm $65 / $75 GRC 301847

**INSTITUTE BASKETBALL ACADEMY INTERMEDIATE TO ADVANCED BASKETBALL ALL DAY CAMP**

The Institute and South Suburban Parks and Recreation have teamed up to offer a 4-day summer basketball camp! This basketball camp is for intermediate to advanced players from 4th - 8th grade boys and girls. The Institute’s professional coaching staff will focus on a variety of basketball skills.

**AGES 9-14**

- **6/4 – 6/7** Tu W Th F 10 am – 3 pm $159 / $179  301323
SWISHER BASKETBALL SKILLS CLINICS
BOYS AND GIRLS

Focus on ball handling, dribbling, passing, shooting and rebounding. Basic offense, defense and rules are covered. Come prepared to practice.

AGES 4-5
6/1 - 6/22  Sa 9 - 9:45 am  $39 / $49  BRC 301096
7/6 - 7/27  Sa 9 - 9:45 am  $39 / $49  LTRC 301077

AGES 6-8
6/1 - 6/22  Sa 9:50 - 10:45 am  $39 / $49  BRC 301116
7/6 - 7/27  Sa 9:50 - 10:45 am  $39 / $49  LTRC 301167

AGES 9-12
6/1 - 6/22  Sa 10:50 - 11:45 am  $39 / $49  BRC 301156
7/6 - 7/27  Sa 10:50 - 11:45 am  $39 / $49  LTRC 301177

BMX

BMX CHAMPS CAMP

Discover your BMX skills! Camp will further build upon the solid foundation from the beginners Champs Camp, increasing confidence and technical skill. Boys and girls welcome! Location: David A Lorenz Regional Park - County Line BMX

AGES 5-12
6/3 - 6/11  M Tu 2 - 3:30 pm  $69 / $75  BMX 308046
6/3 - 6/11  M Tu 4 - 5:30 pm  $69 / $75  BMX 308066
6/6 - 6/11  M Tu 9 - 10:30 pm  $69 / $75  BMX 308076
6/17 - 6/25  M Tu 9 - 10:30 pm  $69 / $75  BMX 308036
6/17 - 6/25  M Tu 2 - 3:30 pm  $69 / $75  BMX 308006
6/17 - 6/25  M Tu 4 - 5:30 pm  $69 / $75  BMX 308016
6/17 - 6/25  M Tu 10:45 am - 12:15 pm  $69 / $75  BMX 308086
7/8 - 7/16  M Tu 9 - 10:30 pm  $69 / $75  BMX 308037
7/11 - 7/16  M Tu 9 - 10:30 pm  $69 / $75  BMX 308097
7/11 - 7/16  M Tu 4 - 5:30 pm  $69 / $75  BMX 308077
7/22 - 7/30  M Tu 9 - 10:30 pm  $69 / $75  BMX 308067
7/22 - 7/30  M Tu 10:45 am - 12:15 pm  $69 / $75  BMX 308047
8/5 - 8/13  M Tu 5:45 - 7:15 pm  $69 / $75  BMX 308057
8/5 - 8/13  M Tu 9 - 10:30 pm  $69 / $75  BMX 308028
8/5 - 8/13  M Tu 10:45 am - 12:15 pm  $69 / $75  BMX 308108
8/19 - 8/27  M Tu 5 - 6:30 pm  $69 / $75  BMX 308118

STRIDER CAMPS

Strider Camp is a Learn to Ride Class that teaches kids to ride, balance and steer on two wheels. This camp is built around learning, fun, socialization, and instruction sure to ignite a passion for riding. After completing this Strider bike course, we strongly encourage families to immediately use their pedal bikes (without training wheels) at home for best chances of success!

AGES 2-8
5/27 - 5/31  M F 9:15 - 10 am  $35 / $47  BMX 308165
6/3 - 6/7  M F 9 - 9:45 am  $35 / $47  BMX 308106
6/3 - 6/7  M F 10 - 10:45 am  $35 / $47  BMX 308176
6/17 - 6/21  M F 9 - 9:45 am  $35 / $47  BMX 308116
6/17 - 6/21  M F 10 - 10:45 am  $35 / $47  BMX 308126
6/24 - 6/28  M F 9 - 9:45 am  $35 / $47  BMX 308136
6/24 - 6/28  M F 10 - 10:45 am  $35 / $47  BMX 308146
7/8 - 7/12  M F 9 - 9:45 am  $35 / $47  BMX 308107
7/8 - 7/12  M F 10 - 10:45 am  $35 / $47  BMX 308117
7/15 - 7/19  M F 9 - 9:45 am  $35 / $47  BMX 308127
7/15 - 7/19  M F 10 - 10:45 am  $35 / $47  BMX 308137
7/22 - 7/26  M F 9 - 9:45 am  $35 / $47  BMX 308147
7/22 - 7/26  M F 10 - 10:45 am  $35 / $47  BMX 308157

CAMPS

ALTERNATIVE SPORTS CHAMPS CAMP

Break out of the cycle and try out some non-traditional, awesome sports. Rugby, dodgeball, capture the flag and ultimate frisbee are all a part of the fun! Camp meets once a week for 5 weeks in the evening at Little Dry Creek Park (6389 S. Clermont Ct. Centennial, 80121).

AGES 7-12
6/11 - 7/16  Tu 6 - 7 pm  $35 / $50  LDC 305746

BOOM SOCCER

Boom Sports presents motor and sports skill development classes. Coaches will lead participants in several different fun-filled activities, with and without the soccer ball. Using story-telling and silly games, this 4 week class creates an environment that will get your little one bouncing, running, kicking, chasing and discovering their surroundings for 1 hour each week. Boom Sports helps develop your child physically, mentally and socially.

AGES 3-6
6/5 - 6/26  W 5:30 - 6:30 pm  $57 / $59  SD 513266
6/6 - 6/27  Th 10 - 11 am  $57 / $59  SD 513306
6/6 - 6/27  Th 10 - 11 am  $57 / $59  SD 513256
8/1 - 8/22  Th 10 - 11 am  $57 / $59  SD 513258
8/1 - 8/22  Th 10 - 11 am  $57 / $59  SD 513308
8/7 - 8/28  W 5:30 - 6:30 pm  $57 / $59  SD 513268

AGES 5-10
6/5 - 6/26  W 5:30 - 6:30 pm  $57 / $59  SD 513436
8/7 - 8/28  W 5:30 - 6:30 pm  $57 / $59  SD 513438
LANDOW PERFORMANCE SPEED AND AGILITY CAMPS
Participants will focus on developing speed, agility, quickness and “explosiveness” by learning Landow Performance’s world renowned training techniques. Boys and girls will grow the skills necessary to excel at all sports. Landow has trained thousands of athletes, from professionals to those new to sports. Athletes are grouped by experience, age and skill level. Help get your child ready for their next athletic season.

AGES 6-12
6/3 – 6/7 M-F 9 – 10:30 am $110 / $120 SD 510456
6/17 – 6/21 M-F 9 – 10:30 am $110 / $120 SD 510446
7/8 – 7/12 M-F 9 – 10:30 am $110 / $120 SD 510467
7/29 – 8/2 M-F 9 – 10:30 am $110 / $120 SD 510447

AGES 12-18
6/3 – 6/7 M-F 10:30 am – 12 pm $110 / $120 SD 510476
6/17 – 6/21 M-F 10:30 am – 12 pm $110 / $120 SD 510496
7/8 – 7/12 M-F 10:30 am – 12 pm $110 / $120 SD 510487
7/29 – 8/2 M-F 10:30 am – 12 pm $110 / $120 SD 510497

MIGHTY MITES INSTRUCTIONAL CLASSES - MULTI-SPORTS
Interact with other youth in a safe, fun, and positive environment during this four-week class that teaches fundamental skills through a variety of interactive games. The multi-sports program will offer a new activity each week! Activities include soccer, hockey, wiffleball, mini golf, tag games, and more! Classes take place on designated days only.

AGES 3-6
6/4 – 6/25 Tu 10 – 10:50 am $45 / $60 SD 515146
6/5 – 6/26 W 10 – 10:50 am $45 / $60 SD 515156
7/9 – 7/30 Tu 9 – 9:50 am $45 / $60 SD 515176
7/10 – 7/31 W 9 – 9:50 am $45 / $60 SD 515197
8/6 – 8/27 Tu 10 – 10:50 am $45 / $60 SD 515188
8/7 – 8/28 W 10 – 10:50 am $45 / $60 SD 515198

MIGHTY MITES INSTRUCTIONAL CLASSES - SOCCER
Boys and girls improve basic soccer skills while interacting with others in a safe, fun, and positive environment. Coaches focus on skill development through soccer orientated age appropriate games and activities. This four week class takes place on designated days only.

AGES 3-6
6/4 – 6/25 Tu 9 – 9:50 am $45 / $60 SD 515406
6/5 – 6/26 W 9 – 9:50 am $45 / $60 SD 515466
7/9 – 7/30 Tu 10 – 10:50 am $45 / $60 SD 515407
7/10 – 7/31 W 10 – 10:50 am $45 / $60 SD 515467
8/6 – 8/27 Tu 9 – 9:50 am $45 / $60 SD 515408
8/7 – 8/28 W 9 – 9:50 am $45 / $60 SD 515468

MIGHTY MITES SPORT & SPLASH CHAMPS CAMP
Camp includes fun drills, games and sports. Participants also will learn how to ride a Strider bike, and will end the day at the splash pad.

AGES 3-5
6/10 – 6/14 M-F 9 – 11:30 am $90 / $109 CP 305706

MULTI-SPORT CHAMPS CAMP
Participate in fun drills and games that teach kicking, throwing, catching, cooperation and teamwork.

AGES 5-12
6/10 – 6/14 M-F 9 – 11:30 am $90 / $109 CKP 302176
6/24 – 6/28 M-F 9 – 11:30 am $90 / $109 WCP 302236
7/8 – 7/12 M-F 9 – 11:30 am $90 / $109 CKP 302167
7/15 – 7/19 M-F 9 – 11:30 am $90 / $109 WCP 302277
7/22 – 7/26 M-F 9 – 11:30 am $90 / $109 HHP 302237

NINJA NATION DAY
Come train with America Ninja Warriors. Participants will learn the techniques and skills necessary to become a true Ninja Warrior and compete against other up and coming Ninjas on a challenging 150 ft. obstacle course.

AGES 6-8
7/17 W 10 – 11:30 am $25 / $30 SD 516006

AGES 8-10
7/17 W 11:30 am – 1 pm $25 / $30 SD 516056

AGES 10-12
7/17 W 1:30 pm – 3:30 pm $25 / $30 SD 516516

OUTDOOR ADVENTURE CHAMPS CAMP
Camp is for 7-14 year olds where every day is something different and adventurous! Campers will go for a hike, learn archery, play disc golf, and learn to ride at the County Line BMX track. Camp will meet a variety of locations throughout the district.

AGES 7-14
6/17 – 6/20 M-F 9 – 11:30 am $90 / $109 Varies 305716
7/8 – 7/12 M-F 9 – 11:30 am $90 / $109 Varies 305727
7/8 – 7/12 M-F 1 – 3:30 pm $90 / $109 Varies 305737

PICKLEBALL N SPLASH CHAMPS CAMP
Pickleball N Splash Champs Camp includes fun drills and games to teach the basic sport of Pickleball. After the sports component, the second half of the camp will take place at Cornerstone Park splash pad. Camp takes place outside.

AGES 5-12
6/17 – 6/21 M-F 1 – 4 pm $90 / $109 CP 308366
7/8 – 7/12 M-F 1 – 4 pm $90 / $109 CP 308377

SOCCER CHAMPS CAMP
Campers develop skills in dribbling, passing and kicking while refining the fundamentals of the sport through drills and games in a fun, team-oriented environment. Camp provides a sound foundation for beginners, while refining skills of the intermediate player.

AGES 5-12
6/3 – 6/7 M-F 9 – 11:30 am $90 / $109 CP 302176
6/10 – 6/14 M-F 9 – 11:30 am $90 / $109 CP 302316
7/8 – 7/12 M-F 9 – 11:30 am $90 / $109 CP 302067
7/22 – 7/26 M-F 9 – 11:30 am $90 / $109 WCP 302047
### SPORT & SPLASH CHAMPS CAMP - BUCK RECREATION CENTER
Camp includes fun drills and games to teach a variety of basic sport fundamentals. Half of each daily session will include sport development, while the other half is open swim. Camp takes place inside.

**AGES 5-12**
- 6/24 - 6/28 M-F 1 - 4 pm $90 / $109 BRC 302506
- 7/29 - 8/2 M-F 1 - 4 pm $90 / $109 BRC 302507

### SPORT & SPLASH CHAMPS CAMP - COOK CREEK POOL
Camps include fun drills and games to teach basic sport fundamentals. Half of each daily session will cover basic sport fundamentals and the other half is open swim.

**AGES 5-12**
- 6/24 - 6/28 M-F 1 - 4 pm $90 / $109 CCP 302716
- 7/15 - 7/19 M-F 1 - 4 pm $90 / $109 CCP 302717
- 7/22 - 7/26 M-F 1 - 4 pm $90 / $109 CCP 302737

### SPORT & SPLASH CHAMPS CAMP - FRANKLIN POOL
Camps include fun drills and games to teach basic fundamentals like throwing, kicking and catching, while developing agility, coordination, balance and teamwork, through non-traditional sports such as dodgeball, “pillo polo”, kickball and more. Open swim is half of camp.

**AGES 5-12**
- 6/17 - 6/21 M-F 1 - 4 pm $90 / $109 FP 302396
- 7/15 - 7/19 M-F 1 - 4 pm $90 / $109 FP 302397

### SPORT & SPLASH CHAMPS CAMP - GOODSON RECREATION CENTER
Camps include fun drills and games to teach basic sport fundamentals, half of each daily session will cover basic sport fundamentals and the other half is open swim.

**AGES 5-12**
- 7/22 - 7/26 M-F 1 - 4 pm $90 / $109 GRC 302597

### SPORT & SPLASH CHAMPS CAMP - LONE TREE RECREATION CENTER
Camps include fun drills and games to teach basic sport fundamentals such as kicking, throwing and catching, as well as helping participants develop coordination, balance and agility. Half of camp is open swim.

**AGES 5-12**
- 6/10 - 6/14 M-F 1 - 4 pm $90 / $109 LTRC 302366
- 7/29 - 8/2 M-F 1 - 4 pm $90 / $109 LTRC 302457

### SPORT, SPLASH & MINI GOLF CHAMPS CAMP
Sports Splash and Mini Golf Champs Camp includes fun drills and games to teach basic sport fundamentals. After the sports component, participants will enjoy a round of miniature golf at Colorado Journey then cool off at the Cornerstone Park spray ground.

**AGES 5-12**
- 6/17 - 6/21 M-F 9 - 11:30 am $90 / $109 CP 302436
- 7/8 - 7/12 M-F 9 - 11:30 am $90 / $109 CP 302496
- 7/29 - 8/2 M-F 9 - 11:30 am $90 / $109 CP 302497

### TRIATHLON CAMP
Work on all events (swim, bike, run) plus transitions before doing a triathlon on the last day of camp. Each element of the sport will be introduced and practiced. Prerequisites: participants must be able to swim 25 yards unassisted, bicycle required with helmet.

**AGES 6-12**
- 6/17 - 6/21 M-F 10:30 - 11:45 am $40 / $50 GRC 103246
- 7/22 - 7/26 M-F 4:30 - 5:45 pm $40 / $50 CCP 103277

### FENCING - YOUTH
Integrate mind and body, improve reflexes and gain balance, confidence and self-esteem. A $20 equipment fee due on first class. Must wear tennis shoes and long pants.

**AGES 8-14**
- 7/9 - 8/13 Tu 4:30 - 6 pm $72 / $82 GRC 411207

### FLAG FOOTBALL CHAMPS CAMP
Camp emphasizes fundamental skills, basic offense, defense and rules. Includes games that teach cooperation and teamwork. Great introduction for the Fall Flag Football league. Participants receive a camp t-shirt and giveaway. Camp takes place outdoors.

**AGES 5-12**
- 6/3 - 6/7 M-F 1 - 3:30 pm $90 / $109 WCP 302306
- 6/24 - 6/28 M-F 9 - 11:30 am $90 / $109 CKP 302026
- 7/15 - 7/19 M-F 9 - 11:30 am $90 / $109 LTE 302057

### GYMNASTICS

#### C.A.R.A. GYMNASTIC LEAGUE
**COMPETITIVE TEAMS**
South Suburban offers a girls competitive program through Colorado Association of Recreational Athletics (CARA). For more information call 303-483-7083 or email sparks@ssprd.org. Gymnasts must be evaluated before entering the competitive program.

#### DROP-IN GYMNASTICS
Practice or just come to have fun. Staff supervises, but doesn't instruct. Reserve your spot at 303-798-2476.

- Parent Tot Under 5 years: Monday-Friday 12:30-1:30pm
- All Ages Drop-in: Thursdays 8-9 pm and Saturdays 12-1pm
- Drop-in Fees: $6/$7.50; 10 Punch Card: $50/$65

ssprd.org
GYMNASTICS BIRTHDAY PARTIES
You’ll flip over this birthday party! Parties include foam pit with rope, parachute games, obstacle course, tumble trampoline, flying machine (for those ages 3-5yrs) and two party hosts. Fee includes 1 hour in gymnastics and optional 30 minutes in the gymnastics observation deck for 20 participants, including the birthday party child. Call the gymnastics assistant at 303-483-7083 (option 2) or email gymnasticsparty@ssprd.org to schedule. Resident $135; Nonresident $167

GYMNASTICS DRESS CODE
Girls are required to wear a leotard with their hair pulled back in a ponytail. Boys wear fitted shirts with sweat shorts/pants. The Goodson Gymnastics facility provides leotards for purchase. Jeans are not allowed. Please do not wear socks or tights to class.

PRIVATE AND SEMI PRIVATE GYMNASICS LESSONS
Is your child having difficulty mastering one or more gymnastics skills? Would she/he like to improve cheerleading skills? Private, semi-private and small group lessons are available. Call 303-483-7085 to request a coach. All ages welcome. 30 minutes and one hour lessons available.

GYMNASTICS PARENT-TOT - MIGHTY MUNCHKINS
Parents and tots of all ages engage in fun games and basic gymnastic skills. This is a great class for families with multiple children.

AGES 6 mos-5
7/8 – 8/19 M 11:35 am - 12:20 pm $53 / $65 GRC 625037
7/11 – 8/22 Th 9:45 - 10:30 am $53 / $65 GRC 625077
7/12 – 8/23 F 11:35 am - 12:20 pm $53 / $65 GRC 625017
7/13 – 8/24 Sa 8 - 8:45 am $53 / $65 GRC 625997

GYMNASTICS PARENT-TOT - TINY TOTS
This structured program is for the active toddler to build a base for gymnastics and practice socialization skills.

AGES 18 mos-3
7/8 – 8/19 M 10:40 - 11:25 am $53 / $65 GRC 625077
7/9 - 8/20 Tu 10:40 - 11:25 am $53 / $65 GRC 625117
7/10 – 8/21 W 9:45 - 10:30 am $53 / $65 GRC 625167
7/11 – 8/22 Th 10:40 - 11:25 am $53 / $65 GRC 625227
7/12 – 8/23 F 9:45 - 10:30 am $53 / $65 GRC 625247

GYMNASTICS PARENT-TOT - TUMBLE BUGS
This structured program is for the active toddler to build a base for gymnastics and practice socialization skills.

AGES 30 mos-4
7/8 – 8/19 M 9:45 - 10:30 am $53 / $65 GRC 625337
7/9 - 8/20 Tu 9:45 - 10:30 am $53 / $65 GRC 625367
7/10 – 8/21 W 10:40 - 11:25 am $53 / $65 GRC 625447
7/12 – 8/23 F 10:40 - 11:25 am $53 / $65 GRC 625587

GYMNASTICS - JUMPING JUNIORS
Improve social skills, gross and fine motor skills, balance and coordination with this introduction into independent gymnastics class! This class is child’s first gymnastics class without parental guidance. Coaches will teach the very basic skills of gymnastics including jumps, proper form, technique, correct names of skills and body positions.

AGES 3-4
7/9 – 8/20 Tu 3 - 3:45 pm $53 / $65 GRC 629407

GYMNASTICS - TUMBLE TUKES
Build gymnastics skills through fun, creative techniques while discovering body awareness through jumping, balancing and coordination drills.

AGES 4-5
7/8 – 8/19 M 4:15 - 5 pm $53 / $65 GRC 625637
7/9 - 8/20 Tu 11:35 am - 12:20 pm $53 / $65 GRC 625647
7/9 – 8/20 Tu 5:25 - 6:10 pm $53 / $65 GRC 625617
7/10 – 8/21 W 11:35 am - 12:20 pm $53 / $65 GRC 625707
7/10 – 8/21 W 3 - 3:45 pm $53 / $65 GRC 625797
7/11 – 8/22 Th 11:35 am - 12:20 pm $53 / $65 GRC 625717
7/11 – 8/22 Th 4:15 - 5 pm $53 / $65 GRC 625737
7/13 – 8/24 Sa 9 - 9:45 am $53 / $65 GRC 625807

GYMNASTICS - KINDERNASTICS
Kids explore the world of gymnastics and basic movement with interactive training and body awareness. Gymnastics skills will be taught on floor, bars, rings, beam and vault.

AGES 5-6
7/8 – 8/19 M 3 - 3:45 pm $53 / $65 GRC 626007
7/8 – 8/19 M 5:25 - 6:10 pm $53 / $65 GRC 626367
7/9 - 8/20 Tu 4:15 - 5 pm $53 / $65 GRC 626077
7/10 – 8/21 W 5:25 - 6:10 pm $53 / $65 GRC 626507
7/11 – 8/22 Th 5:25 - 6:10 pm $53 / $65 GRC 626167
7/11 – 8/22 Th 3 - 3:45 pm $53 / $65 GRC 626707
7/12 – 8/23 F 4:15 - 5 pm $53 / $65 GRC 626657
7/13 – 8/24 Sa 10 - 10:45 am $53 / $65 GRC 626267

GYMNASTICS - PRE-BEGINNER
Learn basic introductory skills including those on bars, beam and floor. Recommended for those with no previous gymnastics experience.

AGES 6-11
7/8 – 8/19 M 5:25 - 6:25 pm $58 / $70 GRC 630657
7/11 – 8/22 Tu 6:35 - 7:35 pm $58 / $70 GRC 630807
7/13 – 8/24 Sa 9 - 10 am $58 / $70 GRC 630957

GYMNASTICS - BOYS BEGINNER
Learn specific beginning skills including vault, parallel bar, floor and high bar.

AGES 6-11
7/9 - 8/20 Tu 5:25 - 6:25 pm $58 / $70 GRC 640307
7/10 – 8/21 W 4:15 - 5:15 pm $58 / $70 GRC 640057
7/13 – 8/24 Sa 9 - 10 am $58 / $70 GRC 640257
GYMNASTICS - GIRLS BEGINNER
Learn beginning skills including those on bars, beam and floor.

AGES 6-11
7/8 - 8/19 M 4:15 - 5:15 pm $58 / $70 GRC 630007
7/8 - 8/19 M 6:35 - 7:35 pm $58 / $70 GRC 630357
7/10 - 8/21 W 4:15 - 5:15 pm $58 / $70 GRC 630167
7/10 - 8/21 W 6:35 - 7:35 pm $58 / $70 GRC 631157
7/11 - 8/22 Th 5:25 - 6:25 pm $58 / $70 GRC 630257
7/12 - 8/23 F 5:25 - 6:25 pm $58 / $70 GRC 631357
7/13 - 8/24 Sa 10 - 11 am $58 / $70 GRC 630307
7/13 - 8/24 Sa 11 am - 12 pm $58 / $70 GRC 631307

GYMNASTICS - GIRLS INTERMEDIATE
Achieve proper execution, form, technique and grace with an emphasis on improving strength and flexibility.

AGES 6-11
7/8 - 8/19 M 6:35 - 7:35 pm $58 / $70 GRC 632957
7/9 - 8/20 Tu 4:15 - 5:15 pm $58 / $70 GRC 632057
7/9 - 8/20 Tu 6:35 - 7:35 pm $58 / $70 GRC 632707
7/10 - 8/21 W 5:25 - 6:25 pm $58 / $70 GRC 632157
7/11 - 8/22 Th 4:15 - 5:15 pm $58 / $70 GRC 632307
7/12 - 8/23 F 5:25 - 6:25 pm $58 / $70 GRC 632757
7/13 - 8/24 Sa 11 am - 12 pm $58 / $70 GRC 632807

GYMNASTICS - GIRLS ADVANCED
Focus on training, perfection, connecting skills and advanced tricks required for pre-competitive/competitive/gymnastics program entry. Gymnasts must be able to perform basic competitive skills to the highest degree.

AGES 6-11
7/8 - 8/19 M 4:15 - 5:15 pm $58 / $70 GRC 633307
7/9 - 8/20 Tu 5:25 - 6:25 pm $58 / $70 GRC 633137
7/10 - 8/21 W 6:35 - 7:35 pm $58 / $70 GRC 633107
7/11 - 8/22 Th 6:35 - 7:35 pm $58 / $70 GRC 633857
7/12 - 8/23 F 4:15 - 5:15 pm $58 / $70 GRC 633657

GYMNASTICS - GIRLS ADVANCED LEVEL 2
This class is the step between advanced and pre-team. Here, gymnasts will perfect their advanced level skills and learn new skills to prepare them for pre-team.

AGES 6-11
7/9 - 8/20 Tu 6:35 - 7:35 pm $58 / $70 GRC 633357

GYMNASTICS CAMP
Learn new skills and perfect old ones while making new friends! Camps integrate practice on all events as well as fun and games.

AGES 4-11
6/24 - 6/27 M-Th 9 am - 12 pm $150 / $160 GRC 623306
7/1 M 9 am - 12 pm $37 / $40 GRC 628507
7/2 Tu 9 am - 12 pm $37 / $40 GRC 628607
7/3 W 9 am - 12 pm $37 / $40 GRC 628707

AGES 6-11
6/24 - 6/27 M-Th 1:30 - 4:30 pm $150 / $160 GRC 623356

ICE SKATING FOR AGES 2-3

PARENT-TOT ICE SKATING LESSONS
Parents and tots, ages 2-3, skate together. No previous skating experience needed.

ICE SKATING FOR AGES 4-6

MIGHTY MITES HOCKEY
Skaters learn fundamental skills with a stick and puck. Prerequisite: Pre 2. Full hockey gear required. Class times subject to change during the Colorado Avalanche Season.

SKATING FOR AGES 4-6

PRE 1 SKATING LESSONS
Beginning skating class for ages 4-6. Skills taught include fall down/get up, marching, gliding, clips, hops, back wiggles and snowplow stop.

PRE 2 ICE SKATING LESSONS
Beginning skating skills for ages 4-6. Skills taught include forward swizzles, one-foot glides, one-foot snowplow stops, back two-foot glides, forward pumps on a circle and back swizzles.

PRE 3 ICE SKATING LESSONS
Review and learn forward stroking, one foot glides on circle, bunny hop, two foot turns on a circle, forward slaloms and backward skating.

PRE 4 ICE SKATING LESSONS
Review skills and learn back pumps on a circle, T-stops, forward outer/inner edge, back one foot glides, forward cross-overs and two foot spin.

ICE SKATING FOR AGES 4-6

HOCKEY PRE 1 SKATING LESSONS
Beginning skating skills for ages 4-6. Skills taught include fall down/get up, marching, gliding, clips, hops, back wiggles and snowplow stop.

HOCKEY PRE 2 SKATING LESSONS
Beginning skating skills for ages 4-6. Review and learn forward stroking, one foot glides on circle, bunny hop, two foot turns on a circle, forward slaloms and backward skating.

HOCKEY PRE 3 SKATING LESSONS
Beginning skating skills for ages 4-6. Review and learn forward stroking, one foot glides on circle, bunny hop, two foot turns on a circle, forward slaloms and backward skating.
ICE SKATING
FOR AGES 7-17

HOCKEY 1 ICE SKATING LESSONS
Beginning skating skills will include fall down/get up, marching, two foot glide, dips, one foot snowplow, back skating, forward swizzles, hops, back swizzles and back two foot glide.

HOCKEY 2 ICE SKATING LESSONS
Review and introduce forward stroking, two foot turns on a circle, one foot glides on a circle, forward slaloms, back one foot glide, forward pumps on a circle and lunge.

HOCKEY 3 ICE SKATING LESSONS
Skating skills for ages 7-17. Review previous skills and learn forward crossovers, forward outer/inner circle, back pumps on a circle, T-stops, two foot spin, forward outside three turns.

HOCKEY 4 ICE SKATING LESSONS
Participants learn advanced hockey skating techniques including hockey stops, back cross overs, turnsouts, V-start, advanced forward crossovers and back cross over starts. Full Hockey gear required.

HOCKEY 4-6
Hockey 4 participants learn advanced hockey skating techniques. Hockey 5 and 6 teach fundamental skills like stick handling and passing and shooting. Prerequisites: Must pass South Suburban’s Hockey Pre 3 (ages 4-6) or Hockey Level 3 (ages 7-17). Full Hockey gear required.

HOCKEY 5 ICE SKATING LESSONS
Fundamental skills are taught, including stick handling, passing and shooting, Mohawks, forward inside/outside edge glides-pylons, back outside/inside edge glides-pylons, shoot the duck or lunge, back V-stop, forward cross over starts, advanced back crossovers and power turns. Full hockey gear required.

HOCKEY 6 ICE SKATING LESSONS
Fundamental skills are taught, including stick handling, passing and shooting. Full hockey gear required.

LEVEL 1 ICE SKATING LESSONS
Beginning skating skills covered include fall down/get up, marching, two foot glide, dips, one foot snowplow, back skating, forward swizzles, hops, back swizzles and back two foot glide.

LEVEL 2 ICE SKATING LESSONS
Review skills and learn back cross-overs, back two foot turns on a circle, back out/inner edges on a circle, forward spiral, hockey stop and bunny hop.

LEVEL 3 ICE SKATING LESSONS
Review skills and learn forward cross-overs, forward outer/inner circle, back pumps on a circle, T-stops, two foot spin and forward outside three turns.

LEVEL 4 ICE SKATING LESSONS
Review skills and learn back cross-overs, back two foot turns on a circle, back out/inner edges on a circle, forward spiral, hockey stop and bunny hop.

LEVEL 5 ICE SKATING LESSONS
Review skills and learn forward inside pivot, back outside three-turn, forward outside/inside spirals and back outer edges from a standstill.

LEVEL 5/6 ICE SKATING
This is a combined class that will review previous skills and learn spirals, jumps, turns, spins, salchow and combination jumps.

LEVEL 6 ICE SKATING LESSONS
Review previous skills, waltz jump, back inside three-turns, two feet to one foot spin, salchow, ISI FS 2 dance stop combination jumps.

ICE DANCING
This class covers beginner compulsory dances and teaches rhythm, timing and tempo as well as edges and turns to music. Skaters must have passed Level 6 to register for this class.

FREESTYLE 1-4 SKATING
Each class includes a half hour of instruction and admission to public skating session during which the class is held. Freestyle 1: Toe loop jumps, Mazurkas, Edge spins. Freestyle 2: Salchow jumps, Forward change of edges, Half flips. Freestyle 3: Half lutz jumps, One foot spins, Combination jumps. Freestyle 4: Back spins, Sit spins, Two foot loop jumps.

ADVANCED FREESTYLE
Covering beginning moves in the field, more advanced jumps alone and in combination and combination spins.

ICE SKATING
FOR AGES 18+

ADULT BEGINNER ICE SKATING
Beginning skating for adults. Skills include falling and getting up, forward and backwards swizzles, glides, beginning edges and crossovers.

ADULT INTERMEDIATE ICE SKATING
For skaters 18 and over we will cover backward skating skills, turns and stopping skills.

ADULT ADVANCED ICE SKATING
Power, edging skills, jumps, spins and other skills.
### ICE SKATING

#### FAMILY SPORTS CENTER

**AGES 2-3**

**PARENT-TOT**

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**AGES 4-6**

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**AGES 7-17**

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**FREESTYLE 1-4**

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**AGES 7+**

**THEATRE ON ICE**

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ADULT BEGINNER
7/6  Sa  9 wk  10 – 10:30 am  499057

ADULT INTERMEDIATE
7/6  Sa  9 wk  10 – 10:30 am  499117

ADULT ADVANCED
7/6  Sa  9 wk  10 – 10:30 am  499177

SOUTH SUBURBAN

AGES 2–3
PARENT-TOT
7/6  Sa  9 wk  10:45 – 11:15 am  659197
7/11  Th  8 wk  1:30 – 2 pm  650887

AGES 4–6
HOCKEY PRE 1
7/6  Sa  9 wk  10:45 – 11:15 am  659167

HOCKEY PRE 2
7/6  Sa  9 wk  10:45 – 11:15 am  659177

HOCKEY PRE 3
7/6  Sa  9 wk  10:45 – 11:15 am  659187

MIGHTY MITES HOCKEY
7/6  Sa  9 wk  9 – 10 am  659147

PRE 1
7/3  W  9 wk  6 – 6:30 pm  650287
7/6  Sa  9 wk  10:45 – 11:15 am  650507
7/11  Th  8 wk  1 – 1:30 pm  650357

PRE 2
7/3  W  9 wk  6 – 6:30 pm  650707
7/6  Sa  9 wk  10:45 – 11:15 am  650827
7/11  Th  8 wk  1 – 1:30 pm  650747

PRE 3
7/3  W  9 wk  6 – 6:30 pm  651287
7/6  Sa  9 wk  10:45 – 11:15 am  651497
7/11  Th  8 wk  1:30 – 2 pm  651367

PRE 4
7/3  W  9 wk  6 – 6:30 pm  651707
7/6  Sa  9 wk  10:45 – 11:15 am  651637
7/11  Th  8 wk  1:30 – 2 pm  651747

AGES 7-17
HOCKEY 1
7/6  Sa  9 wk  11:15 – 11:45 am  659097

HOCKEY 2
7/6  Sa  9 wk  11:15 – 11:45 am  659197

HOCKEY 3
7/6  Sa  9 wk  11:15 – 11:45 am  659337

HOCKEY 4-6
7/6  Sa  9 wk  8 – 9 am  659047

ICE DANCING
7/6  Sa  9 wk  10:15 – 10:45 am  659917

LEVEL 1
7/3  W  9 wk  6 – 6:30 pm  652367
7/6  Sa  9 wk  11:15 – 11:45 am  652327

LEVEL 2
7/3  W  9 wk  6:30 – 7 pm  653307
7/6  Sa  9 wk  11:15 – 11:45 am  653317

LEVEL 3
7/3  W  9 wk  6:30 – 7 pm  654307
7/6  Sa  9 wk  11:15 – 11:45 am  654237

LEVEL 4
7/3  W  9 wk  6:30 – 7 pm  655307
7/6  Sa  9 wk  11:15 – 11:45 am  655497

LEVEL 5
7/6  Sa  9 wk  6:30 – 7 pm  656167
7/6  Sa  9 wk  10:15 – 10:45 am  656517

LEVEL 6
7/6  Sa  9 wk  6:30 – 7 pm  657167
7/6  Sa  9 wk  10:15 – 10:45 am  657407

FREESTYLE 1-4
7/6  Sa  9 wk  10:15 – 10:45 am  659297

ADVANCED FREESTYLE
7/6  Sa  9 wk  10:15 – 10:45 am  659417

AGES 18+
ADULT BEGINNER
7/3  W  9 wk  7 – 7:30 pm  659607

ADULT INTERMEDIATE
7/3  W  9 wk  7 – 7:30 pm  659807

ADULT ADVANCED
7/3  W  9 wk  7 – 7:30 pm  659927

ADULT HOCKEY CLINIC
7:40 9 pm on Tuesdays and Thursdays
Family Sports Center
Skaters $175 / $185
Goalies $90 / $100
500904
500914
**LACROSSE**

**BOX LACROSSE SKILLS CAMP**
Have a lacrosse player who can’t wait to play box lacrosse? Now is your chance! South Suburban will host Box Lacrosse Camps for boys and girls. Players will learn new skills and refine basics. Game like situations and scrimmage play will be incorporated. Players must have full equipment to participate. No cleats.

**AGES 8-14**
7/15 - 7/19 M-F 9 - 11:30 am $95 / $120 CSP 304956

**LACROSSE DEFENSIVE ACADEMY**
This upper level techniques camp will focus on all aspects of individual and team defense. High school and college players will teach basic rules, refine techniques and bring them to life in fun game settings. Separate sessions are offered for boys and girls, ages 10-15. Players must have full equipment to participate.

**Required equipment:**
Boys: lacrosse stick, shoulder pads, arm pads, mouthpieces, helmets, 4 pt. chin straps, safety stickers and gloves. Highly Recommended: athletic cup
Girls: lacrosse stick, mouthguard and goggles.

**AGES 10-15**
*6/10 - 6/14 M-F 9 - 11:30am $95 / $120 DALRP 304256
**6/17 - 6/21 M-F 9 - 11:30am $95 / $120 DALRP 304257
*Boys camp. **Girls camp.

**LACROSSE FACE-OFF SPECIALTY CAMP**
Teams who control the ball win games! The lacrosse face-off clinic is for boys and girls in 4th through 8th grade. Enrollment is limited to 12 players. High school and college players will focus on quickness, explosiveness, and techniques to help gain possession time and time again. Coaches will teach multiple strategies to help your players consistently control the X. Full lacrosse equipment required. Boys and girls.

**AGES 10-14**
6/24 - 6/26 M Tu W 9 - 11:30am $75 / $95 SD 666196

**LACROSSE FUNDAMENTAL DEVELOPMENT CAMP**
The clinic will focus on the basics of lacrosse and help get players prepared for the upcoming season. Instructors will concentrate on developing fundamentals and building lacrosse skills through scrimmages and game-like situations. Offensive and defensive skills, footwork, teamwork and agility training will be part of this week-long lacrosse development camp.

**AGES 6-12**
*6/10 - 6/14 M-F 9 - 11:30am $95 / $120 LTE 304356
**6/17 - 6/21 M-F 9 - 11:30am $95 / $120 LTE 304357
*Girls camp. **Boys camp.

**LACROSSE GOALIE CLINIC**
Learn how to stop the other team in its tracks! The lacrosse goalie clinic is for boys and girls in 4th through 8th grade. Enrollment is limited to 12 players. High school and college goal keepers will teach the clinic and lead drills. Boys and girls.

**AGES 10-15**
6/24 - 6/26 W-F 9 - 11:30am $75 / $95 DALRP 304406

**LACROSSE NEW PLAYER CAMP**
Not sure if your child wants to play lacrosse? Get introduced to the sport and learn basic stick skills through drills and fun games in this week-long camp. Players do not need to have their own equipment. Modified equipment will be provided. Camp will take place indoors at the South Suburban Sports Dome. Contact Sam at slow@ssprd.org or 303-754-0588. Boys and girls.

**AGES 6-12**
5/28 - 5/31 Tu W Th F 9 - 11:30am $75 / $95 SD 304466
7/22 - 7/26 M-F 9 - 11:30am $95 / $120 SD 304467

**LACROSSE OFFENSIVE SKILLS CAMP**
The week-long intensive camp will focus on high level offensive skill development and strategies for shooting, passing, offensive motion, footwork, and agility. The camp will be taught by former high school and collegiate athletes. Coaches will focus on individual skill development and getting players ready for the next level. Game-like situations and scenarios will be incorporated to put new techniques into action.

**AGES 10-15**
*7/8 - 7/12 M-F 9 - 11:30am $90 / $120 DALRP 512056
**7/22 - 7/26 M-F 9 - 11:30am $90 / $120 DALRP 512057
*Girls camp. **Boys camp.

**MARTIAL ARTS**

**AIKIDO**
A traditional Japanese martial art that uses a variety of techniques to unbalance attackers and redirect their energy against them. No class 7/4

**AGES 14+**
6/4 - 6/27 Tu Th 7 - 8:30 pm $50 / $57 GRC 541106
7/2 - 7/30 Tu Th 7 - 8:30 pm $50 / $57 GRC 541107

**KARATE TRADITIONAL SHOTOKAN**
Learn self-defense through traditional karate techniques and ideals. Shotokan promotes self-control and confidence through core values such as respect for others, hard work, and discipline. No class 7/4, 8/5-8/8

**AGES 7-13**
6/3 - 6/26 M W 5:30 - 6:30 pm $70 / $76 LTRC 561876
6/4 - 6/27 Tu Th 5:30 - 6:30 pm $70 / $76 LTRC 561946
7/1 - 7/31 M W 5:30 - 6:30 pm $70 / $76 LTRC 561877
7/2 - 7/30 Tu Th 5:30 - 6:30 pm $70 / $76 LTRC 561947
8/1 - 8/22 Tu Th 7 - 8:30 pm $50 / $57 LTRC 561948
8/12 - 8/28 M W 5:30 - 6:30 pm $70 / $76 LTRC 561878

**AGES 14+**
6/3 - 6/26 M W 7 - 8 pm $70 / $76 LTRC 561456
6/4 - 6/27 Tu Th 7 - 8 pm $70 / $76 LTRC 561756
7/1 - 7/31 M W 7 - 8 pm $70 / $76 LTRC 561457
7/2 - 7/30 Tu Th 7 - 8 pm $70 / $76 LTRC 561757
8/1 - 8/29 Tu Th 7 - 8 pm $70 / $76 LTRC 561758
8/12 - 8/28 M W 7 - 8 pm $70 / $76 LTRC 561458
**KARATE-DO SHOTOKAN JAPANESE**

Through self-defense techniques, improve physical fitness and coordination, reduce stress, learn respect and manners, and gain spiritual harmony. No class 7/4.

**AGES 6+ Beginner**

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**AGES 6+ Intermediate/Advanced**

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**SHOTOKAN TIGERS KARATE**

Shotokan Karate teaches self-defense while incorporating safety tips, fitness, coordination, and strength conditioning. Register for a Wednesday session and select to join either a Tuesday or Thursday timeslot for a total of 2 classes each week. No classes in July.

**AGES 5–13**

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**TAE KWON DO**

While learning self-defense techniques of kicking, punching and blocking, build confidence, relieve stress and enhance overall physical fitness. No class 7/4, 8/13, 8/15.

**AGES 4–10**

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**WOMEN’S SELF DEFENSE WORKSHOPS**

Two hour introductory hands on workshop designed to teach basic Shotokan Karate techniques for self defense. Ages 13-15 must be accompanied by a registered adult.

**AGES 13+**

<table>
<thead>
<tr>
<th>Start Date</th>
<th>Time</th>
<th>Price</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/15</td>
<td>10 am – 12 pm</td>
<td>$30</td>
<td>LTRC 560956</td>
</tr>
</tbody>
</table>

**PICKLEBALL**

**PICKLEBALL BOOTS CAMP**

Pickleball is a fun and social game that combines elements of tennis, ping pong and badminton. This game is perfect for all ages, easy to learn and provides a great physical workout!

**AGES 18+**

<table>
<thead>
<tr>
<th>Start Date</th>
<th>Time</th>
<th>Price</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/3 – 6/24</td>
<td>M 3 – 5 pm</td>
<td>$48</td>
<td>LTRC 308316</td>
</tr>
<tr>
<td>7/5 – 7/26</td>
<td>F 1 – 3 pm</td>
<td>$48</td>
<td>BRC 308917</td>
</tr>
<tr>
<td>7/11 – 8/1</td>
<td>Th 8 – 10 am</td>
<td>$48</td>
<td>CP 303907</td>
</tr>
<tr>
<td>8/6 – 8/27</td>
<td>Tu 2 – 4 pm</td>
<td>$48</td>
<td>SRC 308638</td>
</tr>
</tbody>
</table>

**PICKLEBALL CLINIC**

Pickleball is a court sport similar to tennis with elements of badminton and table tennis. Develop your skills and knowledge of the game through our fun, two-hour Pickleball clinics, designed for the beginner to the intermediate player. Register for a clinic based on your ability.

**AGES 18+**

<table>
<thead>
<tr>
<th>Start Date</th>
<th>Time</th>
<th>Price</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>5/24</td>
<td>F 1 – 3 pm</td>
<td>$12</td>
<td>BRC 308235</td>
</tr>
<tr>
<td>6/7</td>
<td>F 5 – 7 pm</td>
<td>$12</td>
<td>CP 303806</td>
</tr>
<tr>
<td>6/19</td>
<td>W 1:30 – 3:30 pm</td>
<td>$12</td>
<td>GRC 308396</td>
</tr>
<tr>
<td>7/23</td>
<td>T 12 – 2 pm</td>
<td>$12</td>
<td>SRC 308687</td>
</tr>
<tr>
<td>8/7</td>
<td>W 9 – 11 am</td>
<td>$12</td>
<td>CP 303808</td>
</tr>
<tr>
<td>8/24</td>
<td>S 5 – 7 pm</td>
<td>$12</td>
<td>CP 303818</td>
</tr>
<tr>
<td>8/26</td>
<td>M 3 – 5 pm</td>
<td>$12</td>
<td>LTRC 308218</td>
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</table>

Skilled Rating: 3.0+

<table>
<thead>
<tr>
<th>Start Date</th>
<th>Time</th>
<th>Price</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/6</td>
<td>Th 12:15 – 2:15 pm</td>
<td>$12</td>
<td>SRC 308686</td>
</tr>
<tr>
<td>7/10</td>
<td>W 1 – 3 pm</td>
<td>$12</td>
<td>LTRC 308217</td>
</tr>
<tr>
<td>8/15</td>
<td>Th 12 – 2 pm</td>
<td>$12</td>
<td>GRC 308398</td>
</tr>
</tbody>
</table>

**PICKLEBALL N SPLASH CHAMPS CAMP**

Pickleball N Splash Champs Camp includes fun drills and games to teach the basic sport of Pickleball. After the sports component, the second half of the camp will take place at Cornerstone Park splash pad. Camp takes place outside.

**AGES 5-12**

<table>
<thead>
<tr>
<th>Start Date</th>
<th>Time</th>
<th>Price</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/17 – 6/21</td>
<td>M – F 1 – 4 pm</td>
<td>$90</td>
<td>CP 308366</td>
</tr>
<tr>
<td>7/8 – 7/12</td>
<td>M – F 1 – 4 pm</td>
<td>$90</td>
<td>CP 308377</td>
</tr>
</tbody>
</table>
# 2019 YOUTH SPORTS LEAGUES

<table>
<thead>
<tr>
<th>Sport</th>
<th>Ages</th>
<th>Season</th>
<th>Registration Range</th>
<th>Practice Start</th>
<th>Games Start</th>
<th>Fees (R/NR)</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>T-ball</strong></td>
<td>3-4 year olds</td>
<td>Summer</td>
<td>Jan 1 - May 19</td>
<td>N/A</td>
<td>Jun 3</td>
<td>$39/$49</td>
<td><a href="http://www.ssprd.org/youth-t-ball-baseball-softball">www.ssprd.org/youth-t-ball-baseball-softball</a></td>
</tr>
<tr>
<td></td>
<td>3-4 year olds</td>
<td>Fall</td>
<td>Jul 1 - Aug 26</td>
<td>N/A</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Kindergarten</td>
<td>Summer</td>
<td>Jan 1 - May 19</td>
<td>May 29</td>
<td>Jun 5</td>
<td>$73/$90</td>
<td><a href="http://www.ssprd.org/youth-t-ball-baseball-softball">www.ssprd.org/youth-t-ball-baseball-softball</a></td>
</tr>
<tr>
<td><strong>Modified T-ball</strong></td>
<td>1st Grade</td>
<td>Summer</td>
<td>Jan 1 - May 19</td>
<td>May 29</td>
<td>Jun 5</td>
<td>$73/$90</td>
<td></td>
</tr>
<tr>
<td><strong>Baseball</strong></td>
<td>2nd-3rd Grade</td>
<td>Summer</td>
<td>Jan 1 - May 19</td>
<td>May 30</td>
<td>Jun 5</td>
<td>$73/$90</td>
<td><a href="http://www.ssprd.org/youth-t-ball-baseball-softball">www.ssprd.org/youth-t-ball-baseball-softball</a></td>
</tr>
<tr>
<td></td>
<td>4th-8th Grade</td>
<td></td>
<td></td>
<td>May 31</td>
<td>Jun 6</td>
<td>$87/$106</td>
<td></td>
</tr>
<tr>
<td></td>
<td>High School *New</td>
<td></td>
<td></td>
<td>TBD</td>
<td>Jun 8</td>
<td>$90/$104</td>
<td></td>
</tr>
<tr>
<td></td>
<td>High School</td>
<td>Fall</td>
<td>May 13 - Aug 29</td>
<td>TBD</td>
<td>Sept 7</td>
<td>$90/$105</td>
<td></td>
</tr>
<tr>
<td><strong>Softball</strong></td>
<td>2nd-3rd Grade</td>
<td>Summer</td>
<td>Jan 1 - May 19</td>
<td>May 29</td>
<td>Jun 5</td>
<td>$73/$90</td>
<td><a href="http://www.ssprd.org/youth-t-ball-baseball-softball">www.ssprd.org/youth-t-ball-baseball-softball</a></td>
</tr>
<tr>
<td></td>
<td>4th-8th Grade</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>$87/$106</td>
<td></td>
</tr>
<tr>
<td><strong>3 on 3 Basketball</strong></td>
<td>3rd-8th Grade</td>
<td>Summer</td>
<td>Apr 15 - Jun 25</td>
<td>N/A</td>
<td>Jul 8</td>
<td>$40/$45</td>
<td><a href="http://www.ssprd.org/youth-basketball">www.ssprd.org/youth-basketball</a></td>
</tr>
<tr>
<td><strong>Flag Football</strong></td>
<td>K-3rd Grade</td>
<td>Fall</td>
<td>May 31 - Aug 22</td>
<td>Aug 24</td>
<td>Sept 7</td>
<td>$75/$90</td>
<td><a href="http://www.ssprd.org/youth-flag-football">www.ssprd.org/youth-flag-football</a></td>
</tr>
<tr>
<td></td>
<td>4th-8th Grade</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>$85/$100</td>
<td></td>
</tr>
<tr>
<td><strong>Lacrosse</strong></td>
<td>High School</td>
<td>Summer</td>
<td>Apr 1 - May 22</td>
<td>May 27</td>
<td>Jun 10</td>
<td>$78/$98</td>
<td><a href="http://www.ssprd.org/lacrosse">www.ssprd.org/lacrosse</a></td>
</tr>
<tr>
<td></td>
<td>4th-8th Grade</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>High School</td>
<td>Fall</td>
<td>Jun 1 - Aug 21</td>
<td>Aug 26</td>
<td>Sept 7</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Tennis</strong></td>
<td>10 &amp; Under</td>
<td>Summer</td>
<td>Feb 20 - Apr 18</td>
<td>Jun 10</td>
<td>Jun 10</td>
<td>$230/$245</td>
<td><a href="http://www.ssprd.org/tennis">www.ssprd.org/tennis</a></td>
</tr>
<tr>
<td></td>
<td>12 &amp; Under</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>14 &amp; Under</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>18 &amp; Under</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Volleyball</strong></td>
<td>2nd - 4th Grade</td>
<td>Fall</td>
<td>Jun 3 - Aug 19</td>
<td>Aug 26</td>
<td>Sept 7</td>
<td>$60/$72</td>
<td><a href="http://www.ssprd.org/youth-volleyball">www.ssprd.org/youth-volleyball</a></td>
</tr>
<tr>
<td></td>
<td>5th-12th Grade</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>$75/$87</td>
<td></td>
</tr>
<tr>
<td><strong>Track</strong></td>
<td>5 -15 years old</td>
<td>Summer</td>
<td>Apr 1 - Jun 2</td>
<td>Jun 3</td>
<td>Jun 15</td>
<td>$89/$101</td>
<td>ssprd.org</td>
</tr>
<tr>
<td><strong>Cross Country</strong></td>
<td>7 - 14 years old</td>
<td>Fall</td>
<td>July 16 - Aug 16</td>
<td>Aug 19</td>
<td>Sept 2</td>
<td>$73/$87</td>
<td></td>
</tr>
</tbody>
</table>

# 2019 YOUTH SPORTS DOME LEAGUES

<table>
<thead>
<tr>
<th>Sport</th>
<th>Ages</th>
<th>Season</th>
<th>Registration Range</th>
<th>Games Start (week of)</th>
<th>Team Fees</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Soccer</strong></td>
<td>Boys U15-18, Girls U15-18</td>
<td>Summer</td>
<td>April 16 - Jun 14</td>
<td>Jun 17</td>
<td>$725</td>
<td><a href="http://www.ssprd.org/sports-dome">www.ssprd.org/sports-dome</a></td>
</tr>
</tbody>
</table>
### 2019 ADULT SPORTS LEAGUES

<table>
<thead>
<tr>
<th>Sport</th>
<th>Season</th>
<th>Registration Range</th>
<th>League Starts</th>
<th>Fees</th>
<th>Games</th>
<th>Types of Leagues</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Basketball</strong></td>
<td>Summer</td>
<td>April 15 - May 31</td>
<td>June 10</td>
<td>$539/team</td>
<td>8 games + playoffs</td>
<td>Open, Competitive, &amp; Recreational</td>
</tr>
<tr>
<td></td>
<td>Fall</td>
<td>July 17 - Sept 6</td>
<td>Sept 16</td>
<td>$539/team</td>
<td>8 games + playoffs</td>
<td></td>
</tr>
<tr>
<td><strong>Flag Football 4 v 4</strong></td>
<td>Fall (Tues.)</td>
<td>July 17 - Aug 30</td>
<td>Sept 10</td>
<td>$339/team</td>
<td>7 games + playoffs</td>
<td>Men's</td>
</tr>
<tr>
<td><strong>Softball</strong></td>
<td>Summer</td>
<td>April 8 - May 24</td>
<td>June 3</td>
<td>$655/team</td>
<td>9 games + playoffs</td>
<td>Men's, Co-Rec, Competitive &amp; Recreational</td>
</tr>
<tr>
<td></td>
<td>Summer Early Bird</td>
<td>April 8 - April 24</td>
<td>June 3</td>
<td>$605/team</td>
<td>9 games + playoffs</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fall</td>
<td>July 15 - Aug 23</td>
<td>Sept 3 or 9</td>
<td>$555/team</td>
<td>7 games + playoffs</td>
<td>Rec, Comp (Summer Only), Women's &amp; Over 35 (Summer Only)</td>
</tr>
<tr>
<td></td>
<td>Fall Early Bird</td>
<td>July 15 - July 29</td>
<td></td>
<td>$505/team</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Lacrosse</strong></td>
<td>Summer (Wed)</td>
<td>April 15 - June 3</td>
<td>June 12</td>
<td>$950/team</td>
<td>7 games + playoffs</td>
<td>Rec, Comp (Summer Only), Women's &amp; Over 35 (Summer Only)</td>
</tr>
<tr>
<td></td>
<td>Fall (Sun)</td>
<td>July 1 - Sept 1</td>
<td>Sept 8</td>
<td>$950/team</td>
<td>7 games + playoffs</td>
<td></td>
</tr>
<tr>
<td><strong>Volleyball</strong></td>
<td>Summer (Fri)</td>
<td>April 29 - June 10</td>
<td>June 21</td>
<td>$195 (Team Fee)</td>
<td>2 games per night x 7 weeks + tournament</td>
<td>Co-Rec 4's</td>
</tr>
<tr>
<td></td>
<td>Fall Indoor (Fri)</td>
<td>July 8 - Sept 2</td>
<td>Sept 6</td>
<td>$195 (Team Fee)</td>
<td>2 games per night x 7 weeks + tournament</td>
<td></td>
</tr>
</tbody>
</table>

### 2019 ADULT SPORTS DOME LEAGUES

<table>
<thead>
<tr>
<th>Sport</th>
<th>Season</th>
<th>Registration Range</th>
<th>League Starts</th>
<th>Fees</th>
<th>Games</th>
<th>Types of Leagues</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Soccer 9v9</strong></td>
<td>Summer</td>
<td>May 30 - July 5</td>
<td>July 11/14</td>
<td>$1050/team</td>
<td>9 games + playoffs</td>
<td>Men's A &amp; B (Thurs), Coed (Sun)</td>
</tr>
<tr>
<td></td>
<td>Fall</td>
<td>Aug 19 - Sept 11</td>
<td>Sept 19/22</td>
<td>$1200/team</td>
<td>8 games + playoffs</td>
<td>Men's (Tue)</td>
</tr>
<tr>
<td><strong>Lacrosse</strong></td>
<td>Fall</td>
<td>July 1 - Sept 18</td>
<td>Oct 1</td>
<td>$1200/team</td>
<td>8 games + playoffs</td>
<td>Men's (Tue)</td>
</tr>
<tr>
<td><strong>Flag Football 8v8</strong></td>
<td>Summer</td>
<td>April 29 - May 30</td>
<td>June 2</td>
<td>$775/team</td>
<td>9 games + playoffs</td>
<td>Men's (Sun)</td>
</tr>
<tr>
<td></td>
<td>Fall</td>
<td>Aug 5 - Sept 9</td>
<td>Sept 15</td>
<td>$590/team</td>
<td>7 games + playoffs</td>
<td></td>
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</tbody>
</table>

### 2019 ADULT SOFTBALL TOURNAMENT SCHEDULE

<table>
<thead>
<tr>
<th>Title</th>
<th>Division’s</th>
<th>Fee</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Summer Grand Slam</td>
<td>Men's &amp; Coed</td>
<td>$200</td>
<td>June 1</td>
</tr>
<tr>
<td>Ducks on the Pond Classic</td>
<td>Men's &amp; Coed</td>
<td>$200</td>
<td>July 20</td>
</tr>
<tr>
<td>Fair or Fall Ball Tourney</td>
<td>Men's &amp; Coed</td>
<td>$200</td>
<td>September 28</td>
</tr>
<tr>
<td>Touch 'em All Turkey Tourney</td>
<td>Men's &amp; Coed</td>
<td>$200</td>
<td>November 9</td>
</tr>
</tbody>
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**Weather Hotline**

South Suburban has a new weather hotline 303.219.1150. Download the free app RainoutLine - Search: SSPRD www.rainoutline.com
SOCCER

**BOOM SOCCER**

Boom Sports presents motor and sports skill development classes. Coaches will lead participants in several different fun-filled activities, with and without the soccer ball. Using story-telling and silly games, this 4 week class creates an environment that will get your little one bouncing, running, kicking, chasing and discovering their surroundings for 1 hour each week. Boom Sports helps develop your child physically, mentally and socially.

**AGES 3-6**

- **6/5 – 6/26** W 5:30 – 6:30 pm $57 / $59 SD 513266
- **6/6 – 6/27** Th 10 – 11 am $57 / $59 SD 513306
- **6/6 – 6/27** Th 10 – 11 am $57 / $59 SD 513256
- **8/1 – 8/22** Th 10 – 11 am $57 / $59 SD 513258
- **8/1 – 8/22** Th 10 – 11 am $57 / $59 SD 513308
- **8/7 – 8/28** W 5:30 – 6:30 pm $57 / $59 SD 513268

**AGES 5-10**

- **6/5 – 6/26** W 5:30 – 6:30 pm $57 / $59 SD 513436
- **8/7 – 8/28** W 5:30 – 6:30 pm $57 / $59 SD 513438

**MIGHTY MITES INSTRUCTIONAL CLASSES- SOCCER**

Boys and girls improve basic soccer skills while interacting with others in a safe, fun, and positive environment. Coaches focus on skill development through soccer orientated age appropriate games and activities. This four week class takes place on designated days only.

**AGES 3-6**

- **6/4 – 6/25** Tu 9 – 9:50 am $45 / $60 SD 515406
- **6/5 – 6/26** W 9 – 9:50 am $45 / $60 SD 515466
- **7/9 – 7/30** Tu 10 – 10:50 am $45 / $60 SD 515407
- **7/10 – 7/31** W 10 – 10:50 am $45 / $60 SD 515467
- **8/6 – 8/27** Tu 9 – 9:50 am $45 / $60 SD 515408
- **8/7 – 8/28** W 9 – 9:50 am $45 / $60 SD 515468

**AGES 4-8**

- **6/3 – 6/24** M 5 – 5:50 pm $45 / $60 FP 305936
- **6/3 – 6/24** M 10:30 am - 12 pm $55 / $70 DKP 305986
- **6/4 – 6/25** Tu 5:30 – 7 pm $55 / $70 DKP 305856
- **6/5 – 6/26** W 9 – 10:30 am $55 / $70 DKP 305966
- **6/6 – 6/27** Th 10:30 am - 12 pm $55 / $70 DKP 305946
- **6/6 – 6/27** Th 9 – 10:30 am $55 / $70 DKP 305956

**RACES**

**TRYATHLON**

Swim, bike, run for fun! This is the perfect starting point to TRY a TRI! All athletic levels are welcome. Event is not timed, the emphasis is on fun and finishing.

- 6/23 Su Morning $25 (ages 5-adults)
- Goodson Recreation Center/deKoevend Park
- 7/27 Sa Morning $25 (ages 5-adults)
- Cook Creek Pool

For more details, distances and to register, visit: ssprd.org/tryathlon

**BLUFFS 8K TRAIL RUN**

Challenge yourself to a tough 8K race with breathtaking views at the Bluffs Regional Park in Lone Tree. This race is not for the faint of heart! Race will start/finish near Prairie Sky Parking lot. Course is fine crushed gravel with some rugged, steep areas along the route. ssprd.org/raceseries

- 8/25 Su 7:30 am

**PANCAKE STAMPEDE 5K**

The Pancake Stampede 5K is a part of Littleton’s Western Welcome Week celebration. Have fun and burn some calories before the traditional pancake breakfast at Arapahoe Community College. Race course starts and ends at The Hudson Gardens & Event Center. The 5K takes place along the Mary Carter Greenway.

- 8/11 Su 8 am
## Tennis

**ADULT DRILLS BY NTRP**

Designed for improving techniques by working on groundstrokes, approach shots, volleys, and serves. Enroll based on your "rated" NTRP level of play.

### 2.5 NTRP (all locations)

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Level</th>
<th>Court</th>
<th>Code</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/6 - 6/27</td>
<td>T 7:30 - 9:00</td>
<td>S2/S3</td>
<td>HTC</td>
<td>801100</td>
<td>$108/$120</td>
</tr>
<tr>
<td>6/7 - 6/28</td>
<td>T 7:30 - 9:00</td>
<td>S2/S3</td>
<td>HTC</td>
<td>801100</td>
<td>$108/$120</td>
</tr>
<tr>
<td>6/8 - 6/29</td>
<td>T 7:30 - 9:00</td>
<td>S2/S3</td>
<td>HTC</td>
<td>801100</td>
<td>$108/$120</td>
</tr>
</tbody>
</table>

### 3.0 NTRP (indoors at Littleton)

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Level</th>
<th>Court</th>
<th>Code</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/1 - 6/30</td>
<td>T 10:30 - 12:00</td>
<td>S3/S4</td>
<td>HTC</td>
<td>801100</td>
<td>$108/$120</td>
</tr>
<tr>
<td>6/1 - 6/30</td>
<td>T 10:30 - 12:00</td>
<td>S3/S4</td>
<td>HTC</td>
<td>801100</td>
<td>$108/$120</td>
</tr>
</tbody>
</table>

### 3.0 NTRP (outdoor locations)

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Level</th>
<th>Court</th>
<th>Code</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/1 - 6/30</td>
<td>T 10:30 - 12:00</td>
<td>S3/S4</td>
<td>HTC</td>
<td>801100</td>
<td>$108/$120</td>
</tr>
<tr>
<td>6/2 - 6/27</td>
<td>T 10:30 - 12:00</td>
<td>S3/S4</td>
<td>HTC</td>
<td>801100</td>
<td>$108/$120</td>
</tr>
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### 3.5/4.0 combined NTRP (All Locations)

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Level</th>
<th>Court</th>
<th>Code</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/6 - 6/27</td>
<td>T 7:30 - 9:00</td>
<td>S3/S4</td>
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<td>6/7 - 6/28</td>
<td>T 7:30 - 9:00</td>
<td>S3/S4</td>
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<td>$108/$120</td>
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### 3.5 NTRP (indoors at Littleton)

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Level</th>
<th>Court</th>
<th>Code</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/1 - 6/30</td>
<td>T 10:30 - 12:00</td>
<td>S3/S4</td>
<td>HTC</td>
<td>801100</td>
<td>$108/$120</td>
</tr>
<tr>
<td>6/2 - 6/27</td>
<td>T 10:30 - 12:00</td>
<td>S3/S4</td>
<td>HTC</td>
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<td>$108/$120</td>
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### 4.0 NTRP (All Locations)

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Level</th>
<th>Court</th>
<th>Code</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/1 - 6/30</td>
<td>T 10:30 - 12:00</td>
<td>S3/S4</td>
<td>HTC</td>
<td>801100</td>
<td>$108/$120</td>
</tr>
<tr>
<td>6/2 - 6/27</td>
<td>T 10:30 - 12:00</td>
<td>S3/S4</td>
<td>HTC</td>
<td>801100</td>
<td>$108/$120</td>
</tr>
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</table>

### 4.0/4.5 NTRP (All Locations)

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Level</th>
<th>Court</th>
<th>Code</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/1 - 6/30</td>
<td>T 10:30 - 12:00</td>
<td>S3/S4</td>
<td>HTC</td>
<td>801100</td>
<td>$108/$120</td>
</tr>
<tr>
<td>6/2 - 6/27</td>
<td>T 10:30 - 12:00</td>
<td>S3/S4</td>
<td>HTC</td>
<td>801100</td>
<td>$108/$120</td>
</tr>
</tbody>
</table>

## Sports

**Soccer Skills Camp - Dome**

Summer soccer camps at the Dome are designed for players of all skill levels and abilities who want to learn and grow fundamental soccer skills in a fun and positive environment. Coaches will focus on individual skill development, team play, defensive strategies, coordination, and confidence. Age appropriate drills and small-sided games will be utilized to promote personal development and grow team concepts.

### Ages 5-12

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Level</th>
<th>Court</th>
<th>Code</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/10 - 6/14</td>
<td>M-F 9 - 11:30 am</td>
<td>S3/S4</td>
<td>HTC</td>
<td>801100</td>
<td>$108/$120</td>
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<tr>
<td>7/10 - 7/15</td>
<td>M-F 9 - 11:30 am</td>
<td>S3/S4</td>
<td>HTC</td>
<td>801100</td>
<td>$108/$120</td>
</tr>
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</table>

### 3.5 NTRP (Outdooors)

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Level</th>
<th>Court</th>
<th>Code</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/29 - 7/16</td>
<td>T 10:30 - 12:00</td>
<td>S3/S4</td>
<td>HTC</td>
<td>801100</td>
<td>$108/$120</td>
</tr>
<tr>
<td>6/30 - 7/17</td>
<td>T 10:30 - 12:00</td>
<td>S3/S4</td>
<td>HTC</td>
<td>801100</td>
<td>$108/$120</td>
</tr>
</tbody>
</table>
ADULT TWICE A WEEK DRILLS
A focus on proper technique, strategies, and doubles positioning rounds out this class. Double the fun with 2 classes per week.

AGES 18+
3.0 NTRP (Indoors at Littleton)
6/3 - 6/26 M/W 9 - 10:30am $216/$240 LITT 802866
7/8 - 7/31 M/W 9 - 10:30am $216/$240 LITT 802867
8/5 - 8/28 M/W 9 - 10:30am $216/$240 LITT 802868

3.5 NTRP (Indoors at Littleton)
6/3 - 6/26 M/W 10:30 - 12pm $216/$240 LITT 802856
7/8 - 7/31 M/W 10:30 - 12pm $216/$240 LITT 802857
8/5 - 8/28 M/W 10:30 - 12pm $216/$240 LITT 802858

ADULT SKILLS DRILLS
High energy drills for all levels of players. Get in shape and burn calories.

AGES 18+
6/6 - 6/27 Th 7 - 8:30am $108/$120 LITT 803886
7/11 - 8/1 Th 7 - 8:30am $108/$120 LITT 803887
8/8 - 8/29 Th 7 - 8:30am $108/$120 LITT 803888

“ROGY” JUNIOR PATHWAY PROGRAM
Designed to make tennis fun and approachable for kids 6 - 17. The ROGY program uses red, orange, green, and yellow low compression tennis balls to develop the fundamentals of the game. Come join the fun!

Red Ball (4 - 5 yrs)
6/4 - 6/13 T/Th 12 - 12:30pm $45/$54 HTC 801326
6/18 - 6/27 T/Th 12 - 12:30pm $60/$72 HTC 801366
7/9 - 7/18 T/Th 12 - 12:30pm $60/$72 HTC 801327
7/23 - 8/1 T/Th 12 - 12:30pm $60/$72 HTC 801367
8/6 - 8/15 T/Th 12 - 12:30pm $60/$72 HTC 801328
8/19 - 8/28 M/W 4 - 4:30pm $60/$72 HTC 801368

Orange Ball - Level 1 (6 - 10 yrs)
6/4 - 6/13 T/Th 9 - 10:30am $81/$90 HTC 801376
6/6 - 6/14 T/Th 3 - 4pm $54/$63 LTGT 805376
6/18 - 6/27 T/Th 9 - 10:30am $108/$120 LITT 803376
6/20 - 6/28 T/Th 12 - 1:30pm $72/$84 LTGT 805366
7/9 - 7/18 T/Th 9 - 10:30am $108/$120 HTC 801377
7/9 - 7/18 T/Th 3 - 4pm $72/$84 LTGT 805377
7/11 - 7/19 T/Th 12 - 1:30pm $108/$120 LITT 803377
7/23 - 8/1 T/Th 9 - 10:30am $108/$120 HTC 801317
7/23 - 8/1 T/Th 3 - 4pm $72/$84 LTGT 805367
7/25 - 8/2 T/Th 12 - 1:30pm $108/$120 LITT 803327
8/6 - 8/15 T/Th 9 - 10:30am $108/$120 HTC 801378
8/6 - 8/15 T/Th 3 - 4pm $72/$84 LTGT 805378
8/19 - 8/26 M 4:30 - 6pm $54/$60 HTC 801318
8/20 - 8/29 T/Th 4:30 - 6pm $108/$120 LITT 803378

Orange Ball - Level 2 (6-10 yrs)
6/4 - 6/13 T/Th 9 - 10:30am $81/$90 HTC 801396
6/6 - 6/14 T/Th 3 - 4pm $54/$63 LTGT 805386
6/18 - 6/27 T/Th 9 - 10:30am $108/$120 LITT 803326
6/20 - 6/28 T/Th 12 - 1:30pm $108/$120 HTC 801336
7/9 - 7/18 T/Th 9 - 10:30am $108/$120 HTC 801397
7/9 - 7/18 T/Th 3 - 4pm $72/$84 LTGT 805387
7/11 - 7/19 T/Th 12 - 1:30pm $108/$120 LITT 803297
7/23 - 8/1 T/Th 9 - 10:30am $108/$120 HTC 801337
7/23 - 8/1 T/Th 3 - 4pm $72/$84 LTGT 805327
7/25 - 8/2 T/Th 12 - 1:30pm $108/$120 LITT 803217
8/6 - 8/15 T/Th 9 - 10:30am $108/$120 HTC 801398
8/6 - 8/15 T/Th 3 - 4pm $72/$84 LTGT 805388
8/19 - 8/26 M 4:30 - 6pm $54/$60 HTC 801338
8/20 - 8/27 T 4:30 - 5:30pm $36/$42 LTGT 805328
8/20 - 8/29 T/Th 4:30 - 6pm $108/$120 LITT 803298

Green Ball - Level 1 (11 - 14 yrs)
6/4 - 6/13 T/Th 10:30 - 12pm $81/$90 HTC 801306
6/6 - 6/14 T/Th 4 - 5pm $54/$63 LTGT 805306
6/18 - 6/27 T/Th 10:30 - 12pm $108/$120 HTC 801346
6/18 - 6/27 T/Th 4 - 5pm $72/$84 LTGT 805356
6/20 - 6/28 T/Th 10:30 - 12pm $108/$120 LITT 803346
7/9 - 7/18 T/Th 10:30 - 12pm $108/$120 HTC 801307
7/9 - 7/18 T/Th 4 - 5pm $72/$84 LTGT 805307
7/11 - 7/19 T/Th 10:30 - 12pm $108/$120 LITT 803387
7/23 - 8/1 T/Th 10:30 - 12pm $108/$120 HTC 801347
7/23 - 8/1 T/Th 4 - 5pm $72/$84 LTGT 805357
7/25 - 8/2 T/Th 10:30 - 12pm $108/$120 LITT 803347
8/6 - 8/15 T/Th 10:30 - 12pm $108/$120 HTC 801308
8/6 - 8/15 T/Th 4 - 5pm $72/$84 LTGT 805308
8/20 - 8/29 T/Th 4:30 - 6pm $108/$120 LITT 803388
SPORTS

绿球 - 水平 2 (11 - 14 yrs)

8/21 - 8/28 W 4:30 - 6pm $54/$60 HTC 801348
8/22 - 8/29 Th 4:30 - 5:30pm $36/$42 LGT 805358

LITTLETON TENNIS ACADEMY FOR JUNIORS

Advanced program with match simulation drills for tournament level players.
Focuses on high performance tennis skills required to compete successfully on the court. Emphasizes stroke production, strategies and agility.

6/1 - 6/29 S 4 - 5:30pm $108/$120 LITT 803166
6/3 - 6/28 M-F 5 - 6:30pm $64/$73* LITT 803066
6/7 - 7/27 S 4 - 5:30pm $81/$90 LITT 803167
7/8 - 8/27 M-F 3 - 4:30pm $64/$73* LITT 803087
8/7 - 8/13 W 4:30 - 5:30pm $108/$120 LITT 803168
*Drop-in.

LITTLETON DEVELOPMENT ACADEMY

Focus on stroke production, basic skills and development of game strategies.

AGES 12-18

6/5 - 6/26 W 12 - 1:30 pm $108 / $120 LITT 803906
7/10 - 7/31 W 12 - 1:30 pm $108 / $120 LITT 803907
8/3 - 8/31 Sa 5 - 6:30 pm $108 / $120 LITT 803908
8/3 - 8/14 W 12 - 1:30 pm $54 / $60 LITT 803918

TENNIS & SPLASH CAMPS

Learn the basics or improve your game while meeting new friends and having a great time. Special attention given to stroke production, footwork, court etiquette and learning how to play the game of tennis. After your one hour tennis lesson you will be escorted to the pool. Don't forget your bathing suit!

AGES 6-12

6/4 - 6/12 Tu Th 2:30 - 4:30 pm $90 / $102 HT 806006
6/4 - 6/6 Tu Tu W 2 - 4 pm $81 / $90 CCP 806306
6/8 - 6/27 Tu Th 2:30 - 4:30 pm $90 / $102 HT 806016
6/8 - 6/20 Tu Tu W 2 - 4 pm $81 / $90 CCP 806406
7/9 - 7/11 Tu Th 2:30 - 4:30 pm $120 / $136 HT 806007
7/9 - 7/11 Tu Th 2 - 4 pm $81 / $90 CCP 806307
7/12 - 8/1 Tu Th 2:30 - 4:30 pm $120 / $136 HT 806017
7/23 - 7/25 Tu Th 2 - 4 pm $81 / $90 CCP 806407

South Suburban offers private tennis lessons – visit ssprd.org/tennis for more information.

JUNIOR GOLF & TENNIS CAMP

This class has it all with tennis, golf and lunch - designed for beginners.

AGES 8-10

6/4 - 6/12 Tu W 11 am - 1 pm $120 / $132 LITT 803006
6/5 - 6/13 W 11 am - 1 pm $120 / $132 LGT 805006
6/18 - 6/26 Tu W 11 am - 1 pm $120 / $132 LGT 805026
6/19 - 6/27 W Th 11 am - 1 pm $120 / $132 LGT 805026
7/9 - 7/17 Tu W 11 am - 1 pm $120 / $132 LITT 803007
7/10 - 7/18 W Th 11 am - 1 pm $120 / $132 LGT 805007
7/23 - 7/31 Tu W 11 am - 1 pm $120 / $132 LGT 803027
7/24 - 8/1 W Th 11 am - 1 pm $120 / $132 LGT 805027

AGES 11-15

6/4 - 6/12 Tu W 11 am - 1 pm $120 / $132 LITT 803016
6/5 - 6/13 W 11 am - 1 pm $120 / $132 LGT 805016
6/18 - 6/26 Tu W 11 am - 1 pm $120 / $132 LGT 805036
6/19 - 6/27 W Th 11 am - 1 pm $120 / $132 LGT 805036
7/9 - 7/17 Tu W 11 am - 1 pm $120 / $132 LITT 803017
7/10 - 7/18 W Th 11 am - 1 pm $120 / $132 LGT 805017
7/23 - 7/31 Tu W 11 am - 1 pm $120 / $132 LGT 803037
7/24 - 8/1 W Th 11 am - 1 pm $120 / $132 LGT 805037

South Suburban Parks and Recreation Summer 2019
## 2019 TENNIS TOURNAMENTS

### JUNIOR TOURNAMENTS

<table>
<thead>
<tr>
<th>Tournament</th>
<th>Level</th>
<th>Days &amp; Times of Play</th>
<th>Format</th>
<th>Season Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jr Futures Blast (Level 8)</td>
<td>Boys/Girls' Singles: 78’ Green Ball 12, 78’ Yellow Ball 14-18 (NEF)</td>
<td>April 27</td>
<td>3 mixed doubles</td>
<td></td>
</tr>
<tr>
<td>'2s Green Ball Championships</td>
<td>Boys/Girls' Singles/Doubles: 78’ Green Ball 12</td>
<td>May 18</td>
<td>ACE Format (Guranteed 3 matches)</td>
<td></td>
</tr>
<tr>
<td>10s Tagged (Level 6)</td>
<td>Orange Level 1 Boys/Girls' 10 &amp; Under Singles: 60’ Orange Ball 10</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Jr Challenger #1 - 10s Tagged (Level 7)</td>
<td>Boys/Girls' Singles: 78’ Green Ball 12, 78’ Yellow Ball 14-18 (NEF)</td>
<td>June 22</td>
<td></td>
<td>Littleton Tennis Center (The Bubble)</td>
</tr>
<tr>
<td>Jr Challenger #2 (Level 7)</td>
<td>Boys/Girls' Singles &amp; Doubles: 78’ Green Ball 12, 78’ Yellow Ball 14-18 (NEF)</td>
<td>July 13</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jr Challenger #3 (Level 7)</td>
<td>Boys' &amp; Girls' Singles &amp; Doubles: 60’ Orange Ball 10, 78’ Green Ball 12, 78’ Yellow Ball 14-18 (NEF)</td>
<td>August 24</td>
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</table>

### 2019 USTA TENNIS LEAGUES

<table>
<thead>
<tr>
<th>USTA/CTA League</th>
<th>Level</th>
<th>Days &amp; Times of Play</th>
<th>Format</th>
<th>Season Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>ITA Fall Mixed</td>
<td>6.5 &amp; 8.5</td>
<td>Sunday 12 pm</td>
<td>3 mixed doubles</td>
<td>July-August</td>
</tr>
<tr>
<td></td>
<td>5.5, 7.5 &amp; 9.5</td>
<td>Sunday 3 pm</td>
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<tr>
<td>CTA Adult 65 &amp; Over</td>
<td>Combined W6.0, 7.0 &amp; 8.0</td>
<td>Tuesday 9 am</td>
<td>3 doubles</td>
<td>July-August</td>
</tr>
<tr>
<td></td>
<td>Combined M6.0, 7.0 &amp; 8.0</td>
<td>Friday 9 am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CTA Summer Daytime</td>
<td>W3.0, W4.0</td>
<td>Monday 9:30 am</td>
<td>1 singles 2 doubles</td>
<td>August-September</td>
</tr>
<tr>
<td></td>
<td>W2.5, W3.5 &amp; W4.5 +</td>
<td>Wednesday 9:30 am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CTA Twilight</td>
<td>W3.5, 4.5 / M 3.0</td>
<td>Monday 6 pm</td>
<td>1 singles 2 doubles</td>
<td>August-September</td>
</tr>
<tr>
<td></td>
<td>W 5.0+ / M 3.5, 4.0, &amp; 4.5+</td>
<td>Tuesday 6 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>W 3.0</td>
<td>Wednesday 6 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>W 2.5 &amp; 4.0</td>
<td>Thursday 6 pm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Visit ssprd.org/tennis for details regarding USTA leagues at South Suburban.
**TRACK**

**C.A.R.A. SUMMER TRACK**

Boys and girls are introduced to and develop skills for different track events including running, jumping and throwing. Running form, speed, distance, endurance, throwing and jumping fundamentals are all developed in a recreational environment. Saturday meets are optional. No Class 7/4.

**AGES 5-15**

6/3 - 7/17  M W  9 – 10:30 am  $89 / $101  NMS  309826
6/4 - 7/18  Tu Th  6 – 7:30 pm  $89 / $101  NMS  309866

**VOLLEYBALL**

**VOLLEYBALL INSTRUCTION FOR YOUTH**

All levels of play are welcome in this elementary, middle and high school co-recreational program. Learn fundamental skills, team strategies and team work, while building confidence. Fun drills, games and scrimmages.

**AGES 7-11**

6/4 - 6/27  Tu Th  6 – 7:30 pm  $88 / $100  CLP  305346
6/3 - 6/7  M-F  9 – 10:30 am  $55 / $63  LTE  305356
6/10 - 6/14  M-F  9 – 10:30 am  $55 / $63  DKP  305376
7/8 - 7/12  M-F  9 – 10:30 am  $55 / $70  LTE  305357
7/15 - 7/19  M-F  9 – 10:30 am  $55 / $70  DKP  305377
7/22 - 7/26  M-F  9 – 10:30 am  $55 / $70  LTE  305387

**AGES 11-13**

6/4 - 6/27  Tu Th  6 – 7:30 pm  $88 / $100  CLP  305366

**FITNESS**

**STAR ADULT DANCES**

Meet old friends and make new ones. Have fun dressing to each monthly theme. Appropriate behavior is required. Friday’s 6:30-8:30 pm at Buck Recreation Center. Drop-in only: $7

**AGES 18+**

6/21  Pajama Party
7/19  Red, White and Blue
8/16  Beach Party

**STAR AQUA EXERCISE**

Increase your range of motion and endurance while having fun exercising in the pool. Must be able to swim independently in five feet of water. No class 7/4, 8/22.

**AGES 13+**

6/6 - 6/27  Th  4:25 - 4:55 pm  $29 / $35  BRC  660006
7/11 - 7/25  Th  4:25 - 4:55 pm  $22 / $26  BRC  660007
8/1 - 8/29  Th  4:25 - 4:55 pm  $29 / $35  BRC  660008

**STAR FITNESS BUDDIES**

Workout with one of our buddies and increase your fitness level and gym independence. Work toward your goals with fun and challenging exercises through cardio, weights, stretching and more. For more information email careyo@sspr.org or call 303-730-4608. Cancellations must be made within 24 hours, otherwise you may be charged for the session.

(55 minute session)
1 Punch: $28/$38
5 Punch: $140/$190
10 Punch: $280/$380

(30 minute session)
1 Punch: $14/$19
5 Punch: $70/$95
10 Punch: $140/$190

**OUTDOOR RECREATION**

**STAR ADAPTED BIKING AND WATER SKIING**

Challenge yourself with biking or water skiing at Sloan’s Lake. Socialize and enjoy lunch with your friends. Wear sunscreen and appropriate clothes for your activity. Bring a lunch and water bottle.

**AGES 13+**

6/12  W  9 am - 1 pm  $40 / $48  BRC  661216
6/19  W  9 am - 1 pm  $40 / $48  BRC  661226

**SPECIAL EVENTS**

**STAR CLUB**

This is a wonderful opportunity to make friends, socialize, gain new skills, get exercise and have fun! Tuesday’s we’ll go bowling, hiking and play mini-golf. Thursday’s will be rock climbing, museum tours, outdoor activities and more. This program is for Douglas County residents only!

**AGES 14+**

6/4 - 8/1  Tu  9 am - 12 pm  Th  9 am - 2 pm  $100  LTRC  660966

South Suburban Therapeutic Adaptive Recreation
**SPORTS**

**SHOTOKAN STAR KARATE**

STAR Karate is designed for youth with special needs and/or disabilities. Introductory traditional Shotokan Karate teaches self-defense, while focusing on mental and physical development. Class includes safety tips, fitness, coordination and strength training, while also promoting focus, respect, control and self-confidence. Students must receive prior approval by instructor before registering. Contact Irene at ICBDenver by email at Karate@hotmail.com

**AGES 6+**

<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/4 – 6/27</td>
<td>Tu Th</td>
<td>4:15 – 5 pm</td>
<td>$55 / $60</td>
<td>Hub 562906</td>
</tr>
<tr>
<td>8/1 – 8/29</td>
<td>Tu Th</td>
<td>4:15 – 5 pm</td>
<td>$55 / $60</td>
<td>Hub 562908</td>
</tr>
</tbody>
</table>

**STAR ADAPTIVE GOLF**

Learn how to golf or improve your skills while enjoying the outdoors. STAR staff will assist the Golf 4 the Disabled volunteers who teach the lessons. End the summer with an optional PAR 3 and BBQ on Wed, Aug 14. The BBQ is on your own and will be a $10 fee. Meet at the Broken Tee Golf Course, 2101 W. Oxford St, Englewood, 80110 No class 7/3 and 8/7.

**AGES 13+**

<table>
<thead>
<tr>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/26 – 8/14</td>
<td>W</td>
<td>9 – 11 am</td>
<td>$50 / $60</td>
<td>BRC 667356</td>
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</table>

**STAR AMERICAN NINJA WARRIOR TRAINING**

Back by demand! Challenge yourself with the adapted version of American Ninja Warrior with NSCD Moves! Jump, balance, squeeze and crawl along this ever-changing course. Improve bilateral coordination, depth perception, strength, spatial concepts mental toughness and so much more. Register now and show us your ninja skills. No class 8/21

**AGES 13+**

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<tbody>
<tr>
<td>6/5 – 7/17</td>
<td>W</td>
<td>4 – 5:30 pm</td>
<td>$120 / $144</td>
<td>BRC 662556</td>
</tr>
<tr>
<td>7/24 – 8/28</td>
<td>W</td>
<td>4 – 5:30 pm</td>
<td>$120 / $144</td>
<td>BRC 662557</td>
</tr>
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</table>

**STAR BOWLING**

Meet your friends and bring your best game as you have a great time bowling. AMF Bellevue Lanes, 4900 S. Federal. No class 7/6.

**AGES 13+**

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<th>Time</th>
<th>Fee</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>6/1 – 6/22</td>
<td>Sa</td>
<td>10 am – 12 pm</td>
<td>$46 / $56</td>
<td>BRC 663006</td>
</tr>
<tr>
<td>6/29 – 7/27</td>
<td>Sa</td>
<td>10 am – 12 pm</td>
<td>$46 / $56</td>
<td>BRC 663007</td>
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<tr>
<td>8/3 – 8/24</td>
<td>Sa</td>
<td>10 am – 12 pm</td>
<td>$46 / $56</td>
<td>BRC 663008</td>
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**STAR SPECIAL OLYMPICS FLAG FOOTBALL**

Get involved with this newer Special Olympics sport that is rapidly growing. Learn and improve physical skills like throwing, catching, running and teamwork. Volunteers and partners needed. Harlow Park, 5151 S. Lowell Blvd, field 3 and 4.

**AGES 13+**

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<th>Fee</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>8/6 – 9/17</td>
<td>Tu</td>
<td>5 – 6 pm</td>
<td>$60 / $72</td>
<td>HP 662458</td>
</tr>
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</table>

**STAR UNIFIED KICKBALL**

Stay busy and active this summer as you improve your athletic skills by running, kicking, catching and teamwork. You don’t want to miss this fun sport where everyone can be successful. We’ll end the season with a final tournament. Volunteers and partners needed. Harlow Park, 5151 S. Lowell Blvd, field 3 and 4. No class 7/2.

**AGES 13+**

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<th>Time</th>
<th>Fee</th>
<th>Location</th>
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<tbody>
<tr>
<td>6/4 – 7/23</td>
<td>Tu</td>
<td>5 – 6 pm</td>
<td>$60 / $72</td>
<td>HP 663316</td>
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</table>

**TRIPS AND TOURS**

**STAR CANVAS AND LEMONADE**

Enjoy ice cold lemonade while painting with your friends. Let your creativity flow as we paint to music. All supplies included. Wear clothes that can get dirty.

**AGES 13+**

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<th>Location</th>
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<tbody>
<tr>
<td>8/3</td>
<td>Sa</td>
<td>1 – 3 pm</td>
<td>$28 / $34</td>
<td>BRC 666368</td>
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**STAR CHERRY CREEK PONTOON RIDE AND PICNIC**

Enjoy a beautiful day at Cherry Creek State Park! Spend an hour riding on a pontoon boat and enjoy a picnic lunch afterward. Please bring a sack lunch and water.

**AGES 13+**

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<th>Fee</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>8/17</td>
<td>Sa</td>
<td>10 am – 2 pm</td>
<td>$42 / $50</td>
<td>BRC 666956</td>
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</tbody>
</table>

**STAR CRAFT AND BONFIRE**

Enjoy a great time with friends while making a craft. Afterward, sit around a bonfire eating smores at the Goodson Recreation Center Atrium. Meet in the lobby.

**AGES 13+**

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<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>7/26</td>
<td>F</td>
<td>6 – 9 pm</td>
<td>$35 / $42</td>
<td>GRC 666857</td>
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</table>

**STAR MILE HIGH HORSE RACING**

Enjoy a fun day at the tracks watching the horses battle it out for first place! Money management and educated bets will be provided, but no guarantee of winning. Bring ten dollars cash to bet. Please eat lunch before trip.

**AGES 13+**

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<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>7/13</td>
<td>Sa</td>
<td>12:30 – 4:30 pm</td>
<td>$50 / $60</td>
<td>BRC 666946</td>
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</table>

**STAR PLANE SPOTTING AND MINI-GOLF**

Enjoy mini-golf and the fun of the Family Sports Center with plane spotting on the second level of the driving range! Get an awesome view of the planes directly overhead. Please bring a sack lunch and water. Not wheelchair accessible.

**AGES 13+**

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<th>Fee</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>6/22</td>
<td>Sa</td>
<td>10 am – 1 pm</td>
<td>$30 / $36</td>
<td>667026</td>
</tr>
</tbody>
</table>

**STAR RAINBOW ROUNDUP**

Enjoy an outing with friends along the river fishing for magnificent rainbow trout. All fish caught will be harvested and prepared to take home. Bring a sack lunch and water.

**AGES 13+**

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<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/8</td>
<td>Sa</td>
<td>10 am – 3 pm</td>
<td>$55 / $66</td>
<td>BRC 667376</td>
</tr>
</tbody>
</table>
South Suburban Parks and Recreation

Summer 2019

South Suburban Parks and Recreation  Summer 2019

HARLOW POOL
HOLLY POOL
FRANKLIN POOL
COOK CREEK POOL

BUY ONLINE
SSPRD.ORG/SPLASH

Splash Pass
Unlimited admission to all 4 outdoor pools

Save big this summer with a Splash Pass!

Youth/Senior: $80 Resident / $115 Nonresident
Adult: $105 Resident / $145 Nonresident
Household: $250 Resident / $325 Nonresident

Household includes 2 adults and 3 children under the age of 17. Additional children $27R/$54NR per child.

10% off if purchased by May 31
For field and shelter rental requests visit [ssprd.org/Rentals](http://ssprd.org/Rentals)
For special event requests, contact Shauna D’Amato, permits specialist at shaunad@ssprd.org or call 303.953.7644
5500 Boatworks Dr. Littleton
Monday-Friday 9 am-3 pm

Ultimate Birthday Parties at South Suburban!
[ssprd.org/Birthdays](http://ssprd.org/Birthdays)